

1927
Cook
Book 452

Compliments of
Romola Incorporated
at the Los Angeles Commercial Bldg.
Los Angeles, Calif.

"1927
45

M. K. Stoddard

R. 1 Box 11 (road)

1808 Arrow Lake

corner Arrow & Flag

Redondo Beach

Calif.









CHEF WYMAN'S Daily Health Menus

BY

ARTHUR LESLIE WYMAN, M. C. A.



Intelligent Balance of Food
the Safeguard to Good Health

BY

D. C. RAGLAND, M. D.

WITH SPECIAL ARTICLES BY DR. W. D. SANSUM
OF THE POTTER METABOLIC CLINIC

R E T A I L P R I C E \$ 5 . 0 0

*Compliments of
Domola
Inc. 2401
Commercial
Calif.*

COPYRIGHT 1927
BY
WYMAN FOOD SERVICE
LOS ANGELES, CALIFORNIA

JANUARY

MONDAY

BREAKFAST

Grape Fruit ‡
 Ham and Eggs, Country Style *
 Toast * Jam ‡

LUNCHEON

Spaghetti Italian * ‡
 Beet Salad ‡
 Raisin Pie * ‡
 Milk ‡ Tea *

DINNER

Narragansett Clam Chowder * ‡
 Pickles ‡
 Boiled Salmon, Egg Sauce *
 Creamed Celery ‡ Rice Croquettes *
 Cabbage Salad ‡
 Orange Pie ‡ *
 Milk ‡ Coffee *

SPAGHETTI ITALIAN

Cover four tablespoonfuls of dried mushrooms with hot water and let stand half an hour; drain, save the water and chop the mushrooms. Place in a saucepan four tablespoonfuls of olive oil, one chopped onion and one branch of parsley, stir and fry until the onion is clear; add the mushrooms, three tablespoonfuls of tomato conserve or half a can of tomato puree, one teaspoonful of chopped parsley, a seasoning of salt and pepper, the mushroom water, and one cupful of beef stock. Simmer for thirty minutes and pour over boiled and drained spaghetti. Sprinkle over all grated Parmesan cheese and serve hot.

BEET SALAD

Mix one and a half cupfuls of chopped beets with one and a half cupfuls of chopped celery, one and a half cupfuls of chopped cabbage, half a cupful of chopped sweet pickles, one chopped green pepper, two teaspoonfuls of salt, half a teaspoon of paprika, and one cupful of French dressing. Mound on lettuce-covered plates and serve.

RAISIN PIE

(Mock Cherry)

Cut one cupful of cranberries in half and mix with one cupful of plumped seedless raisins, two-thirds of a cupful of granulated sugar sifted with one tablespoonful of flour, and a few grains of nutmeg; add two teaspoonfuls of butter, broken in small bits and pour into a pastry-lined pie tin; cover with pastry, cut two slits in the crust and bake in a moderate oven.

CLAM CHOWDER

Place in an iron kettle half a cupful of chopped salt pork, add one sliced onion and fry a light golden color. Remove the pieces of pork, leaving the fat, and add three cups of sliced potatoes, the strained juice from three cupfuls of cleaned clams, two tablespoonfuls of flour mixed with three-quarters of a cupful of cold water and a seasoning of paprika. Cook twenty minutes, add three cupfuls of clams, one teaspoonful of butter, six split water crackers, three cupfuls of boiling milk and a seasoning of salt. Simmer slowly until the clams are cooked and serve.

ORANGE PIE

Sift one cupful of granulated sugar with a few grains of salt and one-third of a cupful of sifted flour; place in a double boiler and stir into them one cupful of strained orange juice and four tablespoonfuls of lemon juice. Set on the fire and stir and cook until thick and creamy. Beat in the well-beaten yolks of two eggs and one teaspoonful of butter. Stir and cook one minute, pour into a baked pie shell, cover with a meringue made with two egg whites and four tablespoonfuls of sugar flavored with orange extract and browned in a slow oven. Cool and serve.

JANUARY

TUESDAY

BREAKFAST

Sliced Oranges ‡

Pop Overs *

Milk ‡

Jelly ‡

Coffee *

LUNCHEON

Fritura Mixta *

Asparagus and Lettuce Salad ‡

Banana Compote ‡

Milk ‡

Tea *

DINNER

Cream of Spinach ‡

Olives ‡

Baked Shoulder of Lamb *

Green Peas ‡

Baked Potatoes ‡

Chicory and Orange ‡ Salad ‡

Cherry Tarts ‡ *

Milk ‡

Coffee *

CHEESE OMELET

Beat the yolks of four eggs with one tablespoonful of hot water until light and creamy. Beat the whites of four eggs to a stiff froth with one-quarter of a teaspoonful of salt. Pour the yolks over the whites and fold until evenly mixed. Melt two tablespoonfuls of butter in an omelet pan, pour in the egg mixture, spread smooth, place over a slow fire and turn the pan so that all parts of the bottom will be evenly browned; place the pan on the top shelf of a moderate oven and bake until firm. Remove from the oven, sprinkle over three tablespoonfuls of grated cheese mixed with one-quarter of a teaspoonful of paprika, slide the omelet half out onto a hot platter, lift pan so as to fold over the other half and serve very hot.

FRITURA MIXTA

Mix three-quarters of a cupful of finely minced cooked chicken with three-quarters of a cupful of finely chopped cooked veal, three-quarters of a cupful of finely chopped, cooked lamb's kidneys, three-quarters of a cupful of finely chopped blanched calf's brains, three-quarters of a cupful of finely chopped cooked artichoke hearts and one slightly beaten egg; season with salt and pepper and form into small even-sized cakes. Sift one cupful of sifted flour, one-third of a teaspoonful of salt, and one and a half teaspoonfuls of baking powder and while beating add one lightly beaten egg and a half cupful of milk; beat smooth, add four tablespoonfuls of milk and beat smooth. Dip the mixed meat cakes in the batter, drop into boiling hot vegetable shortening and fry a nice brown. Place on a bed of cooked spaghetti and pour over a good tomato or Italian sauce. Sprinkle with grated Parmesan cheese and serve.

BANANA COMPOTE

Melt two cups of currant jelly in a shallow saucepan, add eight peeled bananas and stew slowly for twenty minutes; lift out the bananas, split in halves lengthwise, lay in a glass dish, pour over the melted jelly, set in the ice box until thoroughly chilled and serve.

SHOULDER OF LAMB

Season a boned shoulder of lamb with pepper and salt, rub well with a clove of garlic and place in a shallow earthenware baking dish the bottom of which has been covered with one sliced onion, one sliced carrot, two tablespoons of chopped parsley, six whole cloves, one bay leaf and one cupful of water; place in a moderate oven and bake one and a half hours, basting often.

CHERRY TARTS

Line twelve tartlet molds with cookie dough, fill with dry beans and bake; remove the beans and cool. Remove the pits from three cupfuls of cherries. Place one cupful of cherries in a saucepan, add one cupful of sugar and one cupful of water; bring to a boil and simmer twenty minutes; strain into a bowl, add two tablespoonfuls of granulated gelatine dissolved in half a cupful of warm water; stir until dissolved. Fill the shells lightly with the stoned cherries and pour over the cherry jelly; set in a cold place until firm and serve.

JANUARY

WEDNESDAY

BREAKFAST

Grapefruit ‡
 Poached Eggs on Toast *
 Toast * Marmalade ‡
 Milk ‡ Coffee *

LUNCHEON

Boston Roast *
 Celery Salad ‡
 Parker House Rolls *
 Turkish Rice *
 Milk ‡ Tea *

DINNER

Corn Chowder * ‡
 Young Onions ‡
 Browned Corn Beef Hash *
 Spinach ‡ Baked Macaroni *
 Asparagus Vinaigrette ‡
 Banana Fool ‡
 Milk ‡ Coffee *

MARMALADE

Cut six thin-skinned oranges in thin slices, place in a bowl and add one thin-skinned grapefruit cut in thin slices, one thin-skinned lemon cut in thin slices and enough cold water to cover; let stand over night, place on the fire and simmer until the fruit is tender; let stand over night, measure and add an equal amount of sugar, bring to a boil and cook until a little dropped on a cold place will jell. Pack in small jars, cool, cover with wax and store in a cool dark place.

BOSTON ROAST

Press three cupfuls of cooked red beans through a sieve, add a seasoning of salt and pepper, one and a quarter cupfuls of grated American cheese and one teaspoonful of onion juice; make to a stiff paste with grated bread crumbs, place in a buttered bread tin, bake forty-five minutes in a moderate oven, basting every ten minutes with half-melted butter and hot water. Unmold in a hot platter and pour over a good tomato or Spanish sauce.

TURKISH RICE

Wash three-quarters of a cupful of rice until the water will run off clear, place in a saucepan with two and a half cupfuls of milk and four tablespoonfuls of sugar, cook until the rice is soft. Pour into a bowl, cool, add half a cupful of seedless raisins that have been soaked in orange juice and one teaspoonful of ground cinnamon; fold in the stiffly beaten whites of three eggs, pour into a buttered earthenware baking dish, sprinkle the top with two tablespoonfuls of chopped blanched almonds mixed with three tablespoonfuls of sugar and bake in a quick oven twenty minutes.

CORN CHOWDER

Heat four tablespoonfuls of butter in a two-quart saucepan, add two sliced onions and cook slowly until clear, do not brown; add three cupfuls of peeled and sliced potatoes and one and a half cupfuls of boiling water; cook until the potatoes are tender, add one can of corn, three cupfuls of hot milk and a seasoning of salt and pepper. Serve with crackers or croutons.

VINAIGRETTE SAUCE

Mix in a cold bowl half a teaspoonful of salt, one-third of a teaspoonful of paprika, one tablespoonful of tarragon vinegar, four tablespoonfuls of olive oil, six chopped green capers, two tablespoonfuls of finely chopped green sour pickles, one tablespoonful of chopped parsley and two teaspoonfuls of chopped olives.

BANANA FOOL

Peel and slice into a saucepan ten firm ripe bananas, add four tablespoonfuls of sugar and half a cupful of water; cook until soft, stirring continually. Rub through a fine sieve and place in a dish on the ice for two hours. Add the juice of one lemon and one and a half cupfuls of whipped cream. Serve in a glass dish or custard glass.

JANUARY

THURSDAY

BREAKFAST

Sliced Oranges ‡
 Cheese Omelet ‡ *
 Hot Biscuits * Blackberry ‡ and Apple Jam ‡
 Milk ‡ Coffee *

LUNCHEON

Calves Liver * with Noodles *
 Spring Garden Salad ‡
 Banana Cream Pie ‡ *
 Milk ‡ Tea *

DINNER

Consomme With Vegetables ‡
 Radishes ‡
 Filets of Beef, Mazatlan *
 Italian Squash ‡ Duchess Potatoes ‡
 Lettuce and Tomato Salad ‡
 Strawberry Ice Cream ‡
 Canestrelli *
 Iced Tea *

CALF'S LIVER, ITALIAN

Cut one and a half pounds of calf's liver into thin slices; heat four tablespoonfuls of butter in a frying pan, add the sliced liver and fry lightly; add a seasoning of salt, pepper and the white part of six young onions thinly sliced; heat, add enough water to cover and one tablespoonful of currant jelly. Cover the pan and simmer for forty-five minutes. Lift out the liver onto a hot plate; add to the pan half a pound of noodles that have been boiled until tender in boiling water, heat for ten minutes and place in a border around the cooked liver.

SPRING SALAD

Mix in a cold bowl rubbed with a clove of crushed garlic, two peeled and sliced cucumbers, one cupful of peeled and diced cooked beets, one cupful of cooked and diced carrots, one cupful of diced celery, half a cupful of sliced radishes, and two-thirds of a cupful of French dressing; mix well, mound on plates covered with shredded lettuce and sprinkle with finely chopped chives and parsley.

BANANA CREAM PIE

Mix three cupfuls of peeled and sliced bananas with three-quarters of a cupful of sugar and three tablespoonfuls of lemon juice; place in a deep baked pie shell and just before serving cover with one and a half cupfuls of whipped cream mixed with three tablespoonfuls of finely chopped toasted almonds, three tablespoonfuls of sugar and one and a half teaspoonfuls of orange extract. Sprinkle with grated cocoanut and serve at once.

BEEF, MAZATLAN

Cut two pounds of beef tenderloin into six even-sized filets and sprinkle lightly with pepper and salt. Heat two tablespoonfuls of butter and two tablespoonfuls of olive oil in a frying pan, lay in the filets and cook on both sides four minutes. Lay the cooked filets on half-inch slices of buttered fresh toast cut the size of filets and pour over all Mazatlan sauce.

MAZATLAN SAUCE

Heat two tablespoonfuls of butter and one tablespoonful of olive oil in a saute pan, add one sliced carrot, one crushed clove of garlic, half of a finely sliced onion, half a crushed bay leaf, and two teaspoonfuls of chopped parsley; stir and cook until the vegetables are lightly browned, add two tablespoonfuls of flour, stir until brown, add three cups of strained tomato puree, one tablespoonful of Chili powder or Spanish seasoning, a seasoning of salt, one chopped green pepper, and one chopped pimiento; simmer thirty minutes, stir in two teaspoonfuls of butter and serve.

JANUARY

FRIDAY

BREAKFAST

Baked Apple ‡
 Shirred Eggs in Cream *
 Pop Overs * Jelly ‡
 Milk ‡ Coffee *

LUNCHEON

Tuna Rarebit *
 Sliced Tomatoes ‡
 Pocket Book Rolls *
 Sliced Oranges and Cocoanut ‡
 Milk ‡ Tea *

DINNER

Cream of Lima Beans ‡
 Ripe Olives ‡
 Halibut Steak, Meuniere *
 Carrots and Peas ‡ Potato Straws ‡
 Charlotte Salad ‡
 Apricot Dumpling ‡ *
 Milk ‡ Coffee *

SHIRRED EGGS IN CREAM

Place two tablespoons of cream in the bottom of a shirred egg dish, break into the dish two eggs, seasoned with salt and paprika, and bake four minutes.

TUNA RAREBIT

Place in a saucepan one teaspoonful of butter, melt, add a few drops of onion juice, one tablespoon of cornstarch mixed with half a teaspoon of salt and one-quarter of a teaspoon of paprika, gradually stir in one cup of milk, add three-quarters of a cup of grated or finely chopped American cheese and a cup of flaked canned tuna; stir lightly until the cheese is melted, add one slightly beaten egg and one teaspoon of lemon juice. Remove from the fire and pour over squares of thin buttered toast.

HALIBUT STEAK, MEUNIERE

Season slices of skinned and boned halibut with salt and pepper. Place in a frying pan, add three tablespoons of butter and heat. Roll the halibut slices in flour, lay in the hot butter and cook a nice brown on both sides; place the halibut on a hot platter, sprinkle with the juice of a lemon, dust with finely chopped parsley and serve.

CHARLOTTE SALAD

Cover cold salad plates with hearts of chicory, cover the chicory with equal parts of sliced grapefruit and oranges, garnish with strips of pimento and pour over all lemon French dressing.

APRICOT DUMPLINGS

Sift two cups of sifted flour with one teaspoon of sugar, a pinch of salt and two level teaspoons of baking powder; rub in three tablespoons of butter and when like coarse meal, work to a smooth dough with a little cold milk. Roll out thin and cut in four-inch squares. Drain the syrup from a No 2½ can of apricots and place two pieces of the apricots in the center of each square, bring the corners of the dough over the apricots and pinch the edges together, turn upside down in a buttered baking dish, sprinkle the tops with granulated sugar, dot with bits of butter, heat the apricot juice with enough hot water to make one cup and pour over; bake in a quick oven and serve with an orange custard sauce.

PASADENA ROLLS

Place in a double boiler four tablespoons of butter, two tablespoons of sugar and one cup of milk, heat, but do not boil, until the butter is melted and the sugar is dissolved; stir in enough sifted flour to make a stiff smooth paste; place the paste in a bowl and beat three eggs, one at a time, and beat for two minutes after the addition of each egg. Form in balls the size of small apple, place on a baking sheet three inches apart and bake in a slow oven. Cool, split and fill with a layer of tart jelly and whipped cream.

JANUARY

SATURDAY

BREAKFAST

Stewed Raisins and Prunes * †
Eggs Surprise *

Toast *

Milk †

Jelly †

Coffee *

LUNCHEON

Spaghetti, Napolitan *
Raw Carrot Salad †
Apricot Short Cakes † *

Milk †

Tea *

DINNER

Consomme With Barley †
Young Onions †
Beef Goulash, American *
Buttered Carrots † Potato Croquettes †
Orange and Nut Salad †
Tapioca Pudding * †
Milk † Coffee *

EGGS SUPRISE

For each person to be served beat the whites of two eggs to a stiff froth and beat into them one-quarter of a teaspoonful of chopped parsley, a few drops of onion juice, one-quarter of teaspoonful of chopped chives and a seasoning of salt and pepper; spread evenly in a buttered shirred egg dish, spread over one tablespoonful of cream and set in the unbroken yolks of two eggs. Bake in a quick oven until the yolks are set and serve in the same dish.

NAPOLITAN SPAGHETTI

Boil three-quarters of a pound of spaghetti in boiling, salted water to which has been added one onion stuck with two whole cloves and one tablespoonful of butter; drain and place in a saucepan with one cupful of tomato sauce, half a cupful of chopped boiled tongue, half a cupful of grated Parmesan cheese and six dried mushrooms that have been soaked in warm water and chopped. Cook and toss over a hot fire until heated through and serve on a hot platter.

TOMATO SAUCE

Mix in a saucepan half a cupful of olive oil, one chopped stalk of celery, half a cupful of finely chopped parsley, half a teaspoonful of marjoram, eight peeled and sliced tomatoes and a seasoning of salt and pepper. Stir and cook until thick as cream, strain and use.

BEEF GOULASH

Cut two pounds of chuck steak in one-inch cubes, sprinkle with two tablespoonfuls of vinegar, one teaspoonful of salt, one-half a teaspoon of paprika and one teaspoonful of summer savory. Heat four tablespoonfuls of butter in a Dutch oven, add five sliced onions and cook until a light yellow and soft; add the beef, cover tight and simmer slowly for two hours or until the meat is tender, do not add any water. Just before serving stir in one cupful of sour cream mixed with half a teaspoonful of paprika. Heat and serve.

POTATO CROQUETTES

Mix with two cupfuls of hot, dry mashed potatoes the yolks of two eggs and a seasoning of salt and pepper. Place on a floured board, roll in cork-shaped pieces, roll in flour, dip in beaten egg, roll in bread crumbs and fry a nice brown in deep, hot vegetable shortening.

TAPIOCA PUDDING

Heat four cupfuls of milk and stir in slowly three-quarters of a cupful of quick-cooking tapioca; stir and cook until thick and clear. Beat two eggs with three-quarters of a cupful of sugar and one cupful of cream; add to the tapioca, stir in one teaspoonful of vanilla, pour into a baking dish buttered and lined with chopped seeded raisins and bake a nice brown in a fast oven. Serve hot or cold with cream.

JANUARY

SUNDAY

BREAKFASTBaked Apple ‡
Ham and Eggs *Waffles *
Milk ‡Maple Syrup ‡
Coffee ***DINNER**Avocado Cocktail ‡
Consomme Tapioca *

Celery ‡

Olives ‡

Chicken, Tyrolienne *

Asparagus ‡ Stewed Tomatoes ‡

Lettuce and Grapefruit Salad ‡

Brick Ice Cream, Trilby Dressing ‡

Small Cakes *

Milk ‡

Coffee *

SUPPER

Potted Cheese ‡ on Toast *

Rhubarb ‡ and Raisin Pie * ‡

Cocoa ‡

AVOCADO COCKTAIL

Mix in a cold bowl two cupfuls peeled and diced avocados, one cupful of tomato catsup, one tablespoonful of Worcestershire sauce, one teaspoonful of lemon juice, a few drops of tabasco sauce, a seasoning of salt and paprika, and just before serving stir in three-quarters of a cupful of cream. Serve in glasses set in a bed of cracked ice.

CHICKEN, TYROLIENNE

Cut two spring chickens in four pieces each, place in a deep dish, sprinkle with salt, pepper, one finely chopped small onion, one tablespoonful of finely chopped parsley, two whole cloves and one cupful of olive oil. Let stand one hour. Heat two tablespoonfuls of olive oil and two tablespoonfuls of butter in a frying pan. Lift out the chicken, roll in fresh bread crumbs, lay in the frying pan and cook until nicely browned on both sides and tender. Serve on a hot platter, garnish with halves of lemon and parsley branches and remoulade sauce in a separate dish.

REMOULADE SAUCE

Place in a bowl one cupful finely chopped spinach leaves, one cupful of finely chopped water cress leaves and two-thirds of a cupful of finely chopped parsley; mash with a spoon, place in a cloth and press out the juice into a cold bowl over two and a half cupfuls of mayonnaise; mix well, add four tablespoonfuls of chopped capers and one tablespoonful of chopped chives.

TRILBY DRESSING

Place in a saucepan one cupful of sugar and one cupful of cold water, bring to a boil, skim well, add one cupful of stoned and chopped cherries, cook five minutes, remove from the fire and cool. Add half a cupful of chopped nut meats, four peeled and chopped oranges, half a cupful of chopped raisins and half a cupful of pineapple syrup. Serve cold over slices of brick ice cream.

POTTED CHEESE

Chop fine half a pound of good American cheese and rub to a paste with half a cupful of butter, two tablespoonfuls of French mustard, two tablespoonfuls of orange juice and a seasoning of salt and paprika, spread on slices of hot buttered toast, place on a baking sheet and set in the oven for three minutes.

RHUBARB AND RAISIN PIE

Wash, peel, and cut in inch lengths two and a half cupfuls of rhubarb, place in saucepan, add one cupful of seeded raisins and one cupful of water; bring to a boil and cook three minutes. Mix two tablespoonfuls of flour, two-thirds of a cupful of sugar and half a teaspoonful of salt; stir into the hot mixture, cook five minutes, stirring constantly. Line a pie pan with pastry, pour in the mixture, dot the top with two tablespoonfuls of butter broken in small bits, cover with pastry and bake in a moderate oven half an hour.

JANUARY

MONDAY

BREAKFAST

Sliced Bananas ‡
 Broiled Ham *
 Fried Apple Rings ‡
 Corn Bread *
 Milk ‡
 Honey ‡
 Coffee *

LUNCHEON

Vegetable Chowder ‡ *
 Toasted Rolls *
 Grapefruit Salad ‡
 Vanilla Cookies *
 Milk ‡
 Tea *

DINNER

Ox Tail Soup *
 Celery ‡
 Veal Fricassee *
 Green Peas ‡
 Pickled Beets ‡
 Peach ‡ Short' Cake *
 Milk ‡
 Noodles *
 Coffee *

VEGETABLE CHOWDER

Place in a stew pot one and a half cups of peeled and sliced potatoes, half of a sliced peeled onion, and one and a half cups of water; cook until the potatoes are tender; season with salt and paprika and add one cup of cooked tomatoes and one cup of canned corn; bring to a boil and stir in one and a half cups of boiling milk and half a cup of hot cream. Lay two broken crackers in the bottom of each soup dish and pour over the hot chowder.

VANILLA COOKIES

Beat to a cream half a cup of butter and half a cup of sugar, when light and smooth beat in three eggs, one at a time, and beat well after the addition of each egg. Work to a smooth dough with one and a quarter cups of sifted flour and one teaspoon of vanilla extract. Drop by tablespoonfuls onto a polished baking sheet and bake in a quick oven.

OX-TAIL SOUP

Cut an ox-tail in small pieces, cover with slightly salted cold water and bring to a boil; remove from the fire, drain out the pieces of oxtail and cool; melt four tablespoons of butter in a sauce pan, add the ox-tail and cook until lightly colored, sprinkle over four level tablespoons of sifted flour and stir until a good brown; add two quarts of hot water, bring to a boil and skim; let boil for one hour and add one peeled and sliced carrot, one peeled and finely-diced turnip, and one cup of pearl barley; boil for two hours; add one cup of tomato puree, a seasoning of salt, pepper, cayenne, and Worcestershire sauce, and two tablespoons of tomato catsup; boil ten minutes and add, if liked, two tablespoons of sherry flavor.

VEAL FRICASSEE

Cut three pounds of shoulders or breast of veal in two and a half-inch squares, bring to a boil, drain off the water and cool. Place the veal in a saucepan, add cold water to cover, half a carrot, cut in slices, one small sliced onion, one stalk of celery, one bay leaf, two whole pepper corns, and two branches of parsley; add a seasoning of salt and cook until the meat is tender; drain out the meat and keep hot; strain the broth. Heat six tablespoons of butter in a stew pan, stir in six tablespoons of sifted flour, stir until smooth and stir in three cups of the strained veal broth; stir and boil ten minutes; take to the side of the fire and stir in the beaten yolks of two eggs and half a cup of cream; season with salt, pepper and a little nutmeg and strain over the hot veal.

NOODLES

Boil a half pound of wholewheat noodles in boiling water until tender; drain in a collander and stir in two tablespoons of melted butter and a seasoning of salt and paprika.

JANUARY

TUESDAY

BREAKFAST

Orange Juice ‡
 Eggs Scrambled * with Chopped Ham *
 Toast * Marmalade ‡
 Milk ‡ Coffee *

LUNCHEON

Pilaff *
 Cold Artichokes ‡
 Crescent Rolls * Garden Salad ‡
 Sponge Cake *
 Milk ‡ Tea *

DINNER

Onion Soup ‡
 Olives ‡
 Baked Ham, Jelly Sauce *
 Spinach ‡ Hashed Brown Potatoes ‡
 Romaine Salad ‡
 Cream Puff Sundae *

PILAFF

Heat three tablespoonfuls of butter in a saute pan, add two pounds of lean lamb cut in half-inch cubes, cook ten minutes or until nicely browned; add one sliced onion and cook five minutes. Wash and dry half a cupful of rice, add to the meat mixture and stir and cook five minutes; pour in two cupfuls of meat stock, one cupful of strained tomatoes, one teaspoonful of salt, half a teaspoonful of pepper, one teaspoonful of curry powder, three tablespoonfuls of chopped preserved ginger and one tablespoonful of Worcestershire sauce. Mix well, cover and bake in a moderate oven forty minutes.

SPONGE CAKE

Beat three eggs with a rotary egg beater until light, add one-quarter of a teaspoonful of salt and beat in slowly one cupful sifted sugar; beat until light and fluffy; add one cupful of sifted flour with two teaspoonfuls of baking powder, beat well, add one tablespoonful of water and beat in the grated rind of one orange; beat five minutes. Pour into a buttered and floured tube cake tin and bake in a moderate oven half an hour. Ice with any desired icing.

ONION SOUP

Place in a covered two-quart saucepan half a cupful of butter and four thinly sliced onions, cover and simmer thirty minutes, shake often to keep from browning; stir in two tablespoonfuls of flour, mix well, add three cupfuls of hot water and three cupfuls of hot milk; cover and simmer half an hour; add a seasoning of salt and pepper. Beat the yolks of two eggs with half a cupful of grated Parmesan cheese and spread over slices of toasted French bread placed in the bottom of a soup tureen, pour over the hot soup, cover and let stand five minutes before serving.

BAKED HAM

Place a washed ham in a deep earthenware crock, cover with cold water and two quarts of cider; let stand over night, place in a pot, cover with boiling water, one quart of cider, one onion stuck with two whole cloves, one carrot, one sliced orange, two branches of parsley, one two-inch stick of cinnamon, a blade of mace and six whole pepper corns; bring to a boil, reduce the heat and simmer until tender, about twenty minutes to the pound. Cool in the water, place on a baking pan, carefully remove the skin and press into the fat one cupful of brown sugar mixed with half a cupful of fine bread crumbs; outline the fat with whole cloves, add one cupful of cider to the pan and bake in a moderate oven forty minutes.

JANUARY

WEDNESDAY

BREAKFASTBaked Apple ‡
Shirred Eggs *Toast *
Milk ‡Jelly ‡
Coffee ***LUNCHEON**Japanese Turnovers *
Celery and Green Pepper Salad ‡
Hot Buns *

Milk ‡

Tea *

DINNERSplit Pea Soup ‡
Young Onions ‡
Deviled Steak *

String Beans ‡ Cottage Potatoes ‡

Cheese and Pear Salad ‡

Cuban Coconut Pudding ‡
Milk ‡

Coffee *

JAPANESE TURNOVERS

Mix two cups of shredded canned crab with one tablespoon of melted butter, one teaspoon of curry powder and enough sweet cream to make a smooth paste. Roll out good pie pastry in a thin sheet, cut in rounds five inches in diameter, cover with the crab mixture, wet the edges, fold over, press the edges together and fry in deep hot vegetable shortening.

SPLIT PEA SOUP

Wash one cup of split peas, drain, cover with cold water and soak over night. Drain, rinse, cover with two quarts of water, add one onion stuck with two whole cloves, bring to a boil, reduce the heat and simmer slowly until the peas are soft, rub through a sieve into a clean saucepan and add a white sauce made with three tablespoons of butter, three tablespoons of flour, one teaspoon of salt and one and a half cups of milk; reheat, season with pepper and half a teaspoon of mace, and serve with croutons.

DEVILED STEAK

Have the butcher cut a tip sirloin steak about one and a half inches thick and weighing three pounds; place the steak in a deep earthenware dish and cover with a mixture of two tablespoons of olive oil, two tablespoons of tarragon vinegar, two chopped onions, one chopped green pepper, one crushed clove of garlic, one tablespoon of Worcestershire sauce, six whole cloves and six peppercorns; let stand one hour, turn the steak over and let stand eight hours; heat four tablespoons of olive oil in an iron frying pan, lay in the steak after wiping dry, and cook three minutes, turn over and cook until tender; place in a fireproof dish, strain over the marinade and bake in a moderate oven twenty-five minutes. Serve on the same dish and sprinkle over finely chopped parsley.

CHEESE AND PEAR SALAD

Mix in a cold bowl one and a half cups of drained and diced canned pears, three-quarters of a cup of dry cottage cheese, half a cup of diced celery, one chopped pimiento, half a cup of broken walnut meats and half a cup of lemon French dressing; drain off the French dressing, mound on lettuce-covered plates, cover with mayonnaise and garnish with orange sections.

CUBAN COCOANUT PUDDING

Mix two cups of moist grated cocoanut with two cups of stale sponge cake crumbs, two cups of hot cream, and let stand until the liquid is absorbed; beat four eggs with two-thirds of a cup of sifted sugar, add to the mixture, pour into a buttered pudding mold, set in a pan of hot water and bake until firm in the center. Serve with orange or lemon custard sauce.

JANUARY

THURSDAY

BREAKFAST

Toast *
 Grapefruit ‡
 Marmalade ‡
 Milk ‡
 Coffee *
 Coddled Eggs *

LUNCHEON

Lobster Amsterdam *
 Hearts of Lettuce, Delta ‡
 Milk ‡
 Graham Cracker Cake *
 Tea *

DINNER

Corn and Tomato Soup ‡
 Young Onions ‡
 Baked Stuffed Shoulder of Lamb *
 Green Peas ‡
 Mashed Potatoes ‡
 Chicory and Orange Salad ‡
 Russian Ice Box Pudding ‡ *
 Milk ‡
 Coffee *

LOBSTER AMSTERDAM

Remove the meat from a two and a half pound boiled California lobster and chop fine. Beat two eggs with six tablespoonfuls of cream and five tablespoonfuls of bread crumbs, four tablespoonfuls of orange juice, a seasoning of salt and paprika and the chopped lobster meat; pour the mixture into a buttered pudding mold, cover with a buttered pan and bake in a slow oven until firm. Unmold on a hot platter and pour around Amsterdam sauce.

AMSTERDAM SAUCE

Mix in the top of a double boiler the yolks of three eggs, the whites of two eggs, three tablespoonfuls of olive oil, one tablespoonful of lemon juice, one-third of a cupful of hot water, one teaspoonful of tarragon vinegar, one-third of a teaspoonful of salt, one-quarter of a teaspoonful of paprika and two teaspoonfuls of chopped parsley; stir constantly over hot water until thick and smooth, do not boil.

LETTUCE DELTA

Place in a pint fruit jar a cupful of olive oil, four tablespoonfuls of lemon juice, one crushed clove of garlic, two-thirds of a teaspoonful of salt, one tablespoonful of chopped parsley, two chopped pimentos and one chopped green pepper; cover and set in the ice box for two hours; shake hard for five minutes and pour over crisp dry leaves of head lettuce.

GRAHAM CRACKER CAKE

Run twelve large Graham crackers through the fine knife of the meat chopper. Beat well the yolks of six eggs and beat into them one cupful of sugar, one teaspoonful of vanilla extract and the graham crackers mixed with two level teaspoonfuls of baking powder; mix well, add the stiffly beaten whites of six eggs, pour into two buttered and floured layer cake pans and bake in a moderate oven. Remove layers, cool, and spread between the layers a good tart jelly mixed with chopped walnut meats. Sprinkle the top with powdered sugar and serve.

CORN AND TOMATO SOUP

Place in a saucepan one can of chopped corn, two cupfuls of light soup stock, two cupfuls of tomatoes, one sliced onion, one-quarter of a teaspoonful of mace, one teaspoonful of salt and one-quarter of a teaspoonful of paprika; bring to a boil, reduce the heat and simmer twenty minutes; stir in one and a half tablespoonfuls of butter rubbed to a cream with one and a half teaspoonfuls of flour and stir and cook five minutes.

ICE-BOX PUDDING

Rub a pound of fresh cottage cheese through a sieve and beat into it one cupful of sugar, the unbeaten yolks of three eggs, one teaspoonful of vanilla, and add a little at a time one-half a cupful of melted butter; mix well, add half a cupful of chopped seeded raisins and one cupful of heavy cream. Line a mold with clean cheesecloth, pour in the mixture, place a plate on top and on the plate place a heavy weight. Stand in the ice box over night; unmold on a cold plate, remove cloth and serve with cold orange sauce.

JANUARY

FRIDAY

BREAKFAST

Orange Juice ‡
Coddled Eggs *

Toast *
Milk ‡

Jam ‡
Coffee *

LUNCHEON

Crab Flakes Creole *
Palmdale Salad ‡
Hot Biscuits *
Prune Whip *

Milk ‡

Tea *

DINNER

Cream of Spinach ‡
Salted Nuts ‡
Ciopino Santa Barbara *
Boiled Rice *
Hearts of Lettuce ‡ Roquefort Dressing *
Zabaione *
Orange Cookies * ‡

Milk ‡

Coffee *

CRAB FLAKES CREOLE

Heat in a saute pan four tablespoons of olive oil, add two finely chopped onions and one finely shredded green pepper; fry until the onions are a light golden color; drain off the oil and add one crushed clove of garlic, and if liked three sliced canned or fresh mushrooms; cook two minutes and add two peeled and chopped tomatoes or one cup of thick canned tomatoes, four tablespoons of hot water; simmer slowly for fifteen minutes; add two cups of cooked crab meat, heat, season with salt and paprika and serve on a plate bordered with steamed rice.

PALMDALE SALAD

Peel, core, and cut in halves lengthwise three even sized pears and drop in cold water to which has been added two tablespoons of lemon juice. Mix one cup of peeled and chopped white celery with five tablespoons of chopped walnut meats, one tablespoon of chili sauce, one chopped pimento, and two tablespoons of French dressing. Lay a half pear on a bed of shredded lettuce on a cold plate, fill the core hole with the mixture, cover with lemon mayonnaise and sprinkle with finely chopped pimento and nut meats.

CIOPINO SANTA BARBARA

Place a large can of tomatoes in a one quart saucepan and add to them a seasoning of salt, paprika and half a teaspoon of sugar, one teaspoon of rosemary, one teaspoon of thyme, half a teaspoon of cloves, and half a teaspoon of mace; bring to a boil and simmer slowly for half an hour; strain into a clean saucepan, add one tablespoon of lemon juice and one tablespoon of finely chopped parsley and let simmer slowly. Place in a thick iron pot half a cup of olive oil, two finely chopped onions, and two crushed cloves of garlic; cook until the onions are a light yellow; add three pounds of boned and skinned halibut cut in three-once pieces seasoned with salt and cook until lightly browned on all sides; add the tomato mixture and simmer slowly for two hours. Serve in a border spaghetti.

ROQUEFORT DRESSING

Place in a bowl half a pound of Roquefort cheese and one teaspoon of butter, mash and rub to a smooth paste and work into it gradually one teaspoon of salt, two teaspoons of Worcestershire sauce, (if liked), one quarter of a teaspoon of black pepper, four tablespoons of vinegar, and a scant half cup of olive oil.

ZABAIONE

Beat hard for six minutes six eggs and half a cup of powdered sugar; place in a double boiler and beat over the fire with a rotary egg beater until stiff enough to hold a small spoon upright; while whipping work in four tablespoons of orange juice and one tablespoon of Maraschino syrup. Serve hot or cold in tall thin glasses.

JANUARY

SATURDAY

BREAKFAST

Sliced Oranges ‡
 Shirred Eggs, Mexican *
 Rice Pancakes. * Jam. ‡
 Milk ‡ Coffee *

LUNCHEON

Baked Macaroni, Buckley *
 Chicory, French Dressing ‡
 Poppy Seed Rolls *
 Mixed Fruit Coupe ‡
 Jelly Cake *
 Milk ‡ Tea *

DINNER

Puree of Pea Shells ‡
 Celery ‡
 Baked Belgian Hare, Cherry Sauce *
 Cabbage Pudding Baked Potatoes ‡
 Dandelion Salad ‡
 Coconut Pudding ‡ *
 Milk. ‡ Coffee. *

EGGS MEXICAN

Place in a saucepan one tablespoonful of butter, add half of an onion finely sliced and one chopped green pepper; stir and cook until lightly browned, add three peeled and chopped tomatoes, one chopped pimiento, two thinly sliced sour pickles and a seasoning of salt and paprika; stir and cook ten minutes; remove from the fire, stir in one tablespoonful of butter, divide into six shirred egg dishes, add two eggs to each dish, dust with salt and paprika, set in the oven and bake three minutes.

MACARONI BUCKLEY

Boil half a pound of macaroni or spaghetti in boiling salted water to which has been added one tablespoonful of butter and half an onion stuck with two whole cloves; when tender drain in a collander and keep warm. Heat one-third of a cupful of butter in a saucepan, add two finely chopped onions and one cupful of finely chopped rare roast beef or chopped raw beef; stir and cook until the meat and onion are lightly browned; add one No. 2 can of tomato puree, one-quarter of a teaspoonful of thyme, one-quarter of a teaspoonful of mace, one-quarter of a teaspoonful of paprika, half a teaspoonful of salt and one tablespoonful of finely chopped parsley; boil up once, add the cooked macaroni, mix well, place in a baking dish, sprinkle with finely grated American cheese and bake thirty minutes in a moderate oven.

FRUIT COUPE

Mix one cup of picked and washed strawberries with half a cupful of sugar, one cupful of peeled and diced orange, half a cupful of peeled and diced grapefruit and half a cupful of diced pineapple; mix well, set in the ice box for two hours or longer. To serve fill coupe glasses half full with the fruit, add a little of the juice, fill glasses with vanilla ice cream and decorate the tops with whole strawberries dipped in powdered sugar.

PUREE OF PEA SHELLS

Place a quart of washed young pea shells in a saucepan with one quart of milk and half a teaspoon of salt; bring to a boil, reduce the heat and simmer slowly until soft; rub all through a fine sieve into a clean saucepan, add half a cupful of cooked peas, one tablespoonful of butter rubbed to a paste with one tablespoonful of flour and a seasoning of salt, pepper and mace. Stir and cook five minutes; serve with croutons.

COCOANUT PUDDING

Melt one tablespoonful of butter in a saucepan, add one tablespoonful of water and a cupful of sugar; boil five minutes, cool, add one cupful of grated cocoanut, the grated rind and strained juice of half a lemon, the well-beaten yolks of four eggs and the stiffly beaten whites of four eggs, mix well, fill custard cups with the mixtures and bake in a moderate oven.

JANUARY

SUNDAY

BREAKFAST

Prunes and Raisins † *
Poached Eggs on Toast *
Rice Waffles, Honey *

Milk †

Coffee *

DINNER

Cream of Tomato †
Salted Almonds †
Boiled Chicken, Oyster Sauce *
Buttered Parsnips, † Potatoes †
Spring Garden Salad †
Fleur D'Orau Sundae †

Milk †

Coffee *

SUPPER

Sliced Baked Ham *
Palace Grill Salad †
Brown Bread Sandwiches *
French Pancake *
Cocoa †

RICE WAFFLES

Sift one and three-quarter cupfuls of sifted flour with two tablespoonfuls of sugar, one-quarter of a teaspoonful of salt and four teaspoonfuls of baking powder. Thoroughly mix into these three-quarters of a cupful of cold cooked rice, add one and a half cupfuls of milk; beat well, add the beaten yolk of one egg and two tablespoonfuls of melted butter; beat two minutes and fold in the stiffly beaten white of the egg. Bake in a hot, well greased waffle iron.

BOILED CHICKEN

Clean and truss a five or six-pound fowl, rub all over with half a lemon, place in a deep saucepan, cover with boiling water; bring to a boil, skim well; add one onion stuck with two whole cloves, six white peppercorns, one sliced carrot, one bay leaf and two branches of parsley; reduce the heat and simmer until the chicken is tender. Strain off the stock, place the chicken on a serving platter and pour over oyster sauce.

OYSTER SAUCE

Wash two cupfuls of California oysters, place in a saucepan, add half a cupful of water and bring to a boil; remove from the fire. Melt three tablespoonfuls of butter in a saucepan, add three tablespoonfuls of flour, work smooth, do not brown, beat in two cupfuls of milk and beat and cook ten minutes; add a seasoning of salt, pepper and celery salt, the cooked oysters and one teaspoonful of chopped parsley; heat up and use.

FLEUR D'ORAU SUNDAE

Peel and chop fine three oranges, remove all white skin and seeds, add one cupful of sugar and stir until the sugar is dissolved. Place a serving of vanilla ice cream in a sundae cup, pour over four tablespoonfuls of the orange mixture, top with a spoonful of whipped cream, add a dash of orange flower water and place a candied violet on the whipped cream.

PALACE GRILL SALAD

Peel and cut in narrow match-sized pieces four cupfuls of crisp white celery, place in a bowl and mix with two cupfuls of drained canned shredded pineapple, two chopped sweet green peppers and two chopped pimientos; mix well, add one cupful of mayonnaise mixed with one cupful of whipped cream and serve on hearts of lettuce.

FRENCH PANCAKE

Beat the yolks of two eggs until light and beat into them two cupfuls of milk, two teaspoonfuls of sugar and one cupful of sifted flour sifted with one teaspoonful of salt; beat two minutes, add the stiffly beaten whites of four eggs and one tablespoonful of olive oil. Heat a small frying pan, rub with olive oil. Pour in enough of the mixture to cover the bottom, brown on the bottom, turn and brown on the other side; slide out onto a board covered with sifted powdered sugar, spread with soft jelly and roll up and serve.

JANUARY

MONDAY

BREAKFAST

Stewed Rhubarb ‡
Spanish Eggs *

Toast *
Milk ‡

Marmalade ‡
Coffee *

LUNCHEON

Normandy Salad ‡
Sultana Rolls *

Milk ‡

Baked Prune Pudding *

Tea *

DINNER

Grapefruit Cocktail ‡
Olives ‡

Curry of Veal, Bombay *

Buttered Celery ‡

Rice *

Artichokes, Mayonnaise ‡

Milk ‡

Caramel Pie *

Coffee *

SPANISH EGGS

Heat two tablespoonfuls of olive oil in a large frying pan, add one-half a cupful of finely chopped onion and stir and cook until the onion is a light brown color; add two cupfuls of cooked or canned tomatoes, one-half a teaspoonful of salt, one teaspoonful of chili powder, one cupful of French mushroom pieces and steams and four tablespoonfuls of finely chopped ham; stir and cook three minutes. Have six unbeaten eggs in a cold bowl and when the sauce is ready slide them into it, let cook until the eggs are set, lift out the eggs onto squares of buttered toast, place on a hot platter, pour around the sauce and serve.

NORMANDY SALAD

Cook four cupfuls of small shelled green peas with one teaspoonful of sugar, one teaspoonful of salt, one-half a teaspoonful of paprika and enough water to cover until tender; drain and cool. Place the cold peas in a bowl and mix with one and one-half cupfuls of broken walnut meats and one-half cupful of French dressing; let stand thirty minutes, drain off all liquid, mound on lettuce-covered plates, cover with mayonnaise and garnish with radish roses.

SULTANA ROLLS

Sift three cupfuls of sifted flour with six level teaspoonfuls of baking powder and one level teaspoonful of salt into a bowl; chop in four and one-half level tablespoonfuls of butter and when well mixed add one and one-half cupfuls of seedless raisins and work to a smooth dough with one cupful of milk. Roll out on a floured board one inch thick, cut in two-inch squares, place one inch apart on a buttered baking pan, brush with melted butter and bake in a moderate oven twenty minutes.

PRUNE PUDDING

Beat to a cream one-third of a cupful of butter and beat into it slowly one cupful of sugar; beat until light and creamy, add the well-beaten yolks of two eggs and beat three minutes. Sift two cupfuls of sifted flour with a few grains of salt and a level teaspoonful of baking soda; add the flour to the butter mixture with two-thirds of a cupful of prune juice and beat smooth; add one cupful of seeded and chopped prunes and one-half cupful of chopped blanched almonds; mix well, fold in the stiffly-beaten whites of two eggs, pour into a buttered and floured square cake pan and bake in a moderate oven one-half an hour. Cut in squares and serve with orange custard sauce.

CARAMEL PIE

Place one-third of a cupful of sugar in a frying pan, heat slowly and stir constantly with a wooden spoon until light brown; add four tablespoonfuls of water and stir and boil three minutes. Mix two-thirds of a cupful of sugar with six tablespoonfuls of sifted flour and a few grains of salt; place in a double boiler and stir in slowly two cupfuls of milk and the caramel syrup; stir and cook until thick and smooth; add the beaten yolks of two eggs; cook one minute; remove from the fire, stir two minutes, add one-half teaspoonful of lemon extract and one teaspoonful of vanilla extract; pour into a baked pie shell, cover with a meringue made with two egg whites and seven tablespoonfuls of sifted sugar and brown in a slow oven.

JANUARY

TUESDAY

BREAKFAST

Stewed Prunes *
 Poached Eggs, Mexican *
 Plantation Corn Cakes *
 Maple Syrup ‡

Milk ‡

Tea *

LUNCHEON

Pig's Feet in Jelly *
 Garden Salad ‡ Butter Rolls *
 Santa Barbara Cream ‡

Milk ‡

Coffee *

DINNER

Tomato Soup with Rice *
 Celery ‡
 Boiled Ham Hocks * with Sauerkraut ‡
 Dutch Potato Salad ‡
 Apple Dumplings, Francisco Sauce *
 Milk ‡ Coffee *

POACHED EGGS, MEXICAN

For each portion to be served dip two slices of hot buttered toast in a thin Spanish sauce, lay them on a hot dish and place poached egg on each slice of toast, pour a teaspoonful of melted butter over each egg and sprinkle lightly with finely chopped parsley and paprika.

PLANTATION CORN CAKES

Boil four cupfuls of milk with half a cupful of butter and pour them into two cupfuls of cornmeal sifted with one teaspoonful of salt and stir to a smooth batter; beat into the batter four well-beaten eggs, when the batter is cool, add five level tablespoonfuls of flour mixed with two teaspoonfuls of baking powder. Bake on a hot, well-greased griddle.

PIG'S FEET IN JELLY

Cover four cleaned and scraped pig's feet with cold water, and let stand three hours. Drain and place the pig's feet in a saucepan, add just enough water to cover and simmer gently until they are tender enough to draw out the bones. Cut the boned pig's feet in even-sized pieces, return to the liquor, add one teaspoonful of ground sage, one tablespoonful of finely chopped parsley, one-half a level teaspoonful of ground mace and a seasoning of salt and pepper. Simmer for thirty minutes or until a little of the liquid will jell when dropped on a cold plate. Pour all into an oblong bread or loaf cake pan and set in the ice box to harden. Unmold on a lettuce-covered plate and garnish with lemon slices, sliced pickles and olives. This should be made the day before using.

DUTCH POTATO SALAD

Peel and slice in even-sized pieces six cold boiled potatoes and place them in a cold bowl that has been rubbed with a clove of garlic; add one shredded lettuce heart, one tablespoonful of finely chopped parsley and three tablespoonfuls of finely chopped onion. Chop fine two slices of bacon and cook a light brown in a small pan. Serve on cold lettuce-covered plates with finely chopped chives.

APPLE DUMPLINGS

Pare and core six apples and fill the core holes with two-thirds of a cupful of butter beaten to a cream with half a cupful of sugar and one teaspoonful of cinnamon. Wrap each apple in a square of rich pie pastry and bake in a moderate oven one hour. Serve hot with Francisco sauce.

FRANCISCO SAUCE

Place five whole eggs and one and a half cupfuls of sugar in a double boiler, set over hot water; do not boil and whip until light and frothy; add three tablespoonfuls of strained orange juice, whip two minutes.

JANUARY

WEDNESDAY

BREAKFAST

Sliced Oranges ‡
 Fried Hominy * Boiled Ham *
 Maple Syrup ‡
 Milk ‡ Coffee *

LUNCHEON

Lobster, Portola *
 Poppy Rolls *
 Orange Custard Pie ‡ *
 Milk ‡ Tea *

DINNER

Cream of Watercress ‡
 Olives ‡
 New England Boiled Dinner ‡ *
 Hearts of Lettuce ‡
 Milk ‡ Coffee *

LOBSTER, PORTOLA

Cover a cold plate with the shredded heart of one head of lettuce; cover this with two finely chopped pimientos, cover these with the sliced meat of one boiled California lobster. Mix two tablespoonfuls of tarragon vinegar with half a teaspoonful of paprika, half a teaspoonful of olive oil; pour over the lobster and serve.

ORANGE CUSTARD PIE

Mix in the top of a double boiler one cupful of sugar, one-third of a cupful of sifted flour, two tablespoonfuls of cornstarch and two teaspoonfuls of grated orange rind; mix well and stir in one cupful of orange juice and three tablespoonfuls of lemon juice; stir and cook over boiling water until thick and smooth; add the well-beaten yolks of two eggs and one teaspoonful of butter; stir and cook one minute, do not boil. Cover the bottom of a baked pie shell with peeled and seeded sections of sweet oranges, pour over the custard and cover with a meringue made of the stiffly beaten whites of two eggs, a few grains of salt, one teaspoonful of grated orange rind, six tablespoonfuls of sifted powdered sugar. Place in a slow oven until lightly browned.

CREAM OF WATERCRESS

Wash and pick the leaves from four bunches of watercress; heat four tablespoonfuls of butter in a saucepan, add the leaves of the cress finely chopped and stir and cook five minutes; stir in four cups of clear consommé and simmer ten minutes. Heat two tablespoonfuls of butter, add four tablespoonfuls of flour, work smooth, beat in one cupful of hot milk and stir and cook until thick and smooth; add to the first mixture with a seasoning of salt and pepper; add the beaten yolks of two eggs and serve with toasted bread.

NEW ENGLAND DINNER

Wash a four or five-pound piece of corned beef, place in a pot, cover with plenty of cold water, bring slowly to a boil and skim off the scum; cover the pot and simmer slowly for three hours; add six small scraped carrots and six peeled onions; cook one hour, add six peeled turnips, cook twenty minutes, and six peeled potatoes and cook half an hour; lift out the beef and vegetables and place in a smaller pot where they will keep hot. Add to the meat liquor one small head of cabbage cut in quarters and boil forty minutes; drain out the cabbage, place on a platter, cover with the cooked vegetables and cover with slices of corned beef. If liked, boil a two-pound piece of salt pork and place alternate slices of pork and beef over the vegetables.

CHEESE CAKE

Line a deep layer cakepan with cookie dough. Beat four tablespoonfuls of sweet butter to a cream and beat into them gradually half a cupful of sugar and the yolks of three eggs. Mix well, add the grated rind of one lemon, three-quarters of a cup of seedless raisins, a few grains of salt, one and a half cups of cottage cheese that has been rubbed through a sieve, and just before pouring into the lined tin, add the stiffly beaten whites of three eggs. Bake until set in a moderate oven, sprinkle with sugar and cinnamon and serve cold.

JANUARY

THURSDAY

BREAKFAST

Preserved Figs ‡
 Creamed Eggs on Toast *
 Corn Muffins * Jam ‡
 Milk ‡ Coffee *

LUNCHEON

Sausage Cakes, * Saute Potatoes ‡
 Indian Salad ‡
 Devil Cake *
 Milk ‡ Tea *

DINNER

Consomme Julienne *
 Radishes ‡
 Calve's Liver au Gratin *
 Buttered Beets ‡ Baked Potato ‡
 Cabbage, Pepper and Nut Salad ‡
 Carrot Pudding ‡
 Orange Cream Sauce ‡

INDIAN SALAD

Mix two cupfuls of pineapple cubes with one peeled and dried apple, two cold-boiled potatoes peeled and cut in dice, and half a cupful of lemon mayonnaise. Mound on lettuce-covered plates and garnish with strips of white celery and pimentos.

DEVIL CAKE

Mix in top of a double boiler six tablespoonfuls of ground chocolate, one cupful of brown sugar and seven tablespoonfuls of milk; stir and cook over boiling water until smooth; add the slightly beaten yolks of two eggs and stir and cook three minutes; add a teaspoonful of vanilla and beat until cool.

Beat half a cupful of butter to a cream; add two-thirds of a cupful of brown sugar and beat smooth and creamy; beat the yolks of two eggs until thick and beat into them one-third of a cupful of brown sugar; beat two minutes and add to the butter mixture; beat two minutes; continue beating and beat in the cooled custard mixture three cupfuls of sifted flour sifted with half a teaspoonful of salt and half a teaspoonful of soda and half a cupful of sour milk. Beat two minutes and fold in the stiffly beaten whites of two eggs. Bake in buttered and floured layer-cake tins, cool on a wire rack and spread between the layers and over top and sides a marshmallow filling.

MARSHMALLOW FILLING

Place in a saucepan one and one-third cupfuls of sugar, four tablespoonfuls of water and two drops of lemon juice; bring to a boil and boil until it will spin a thread when a little is dropped from the tip of the spoon; add one dozen marshmallows cut in small pieces and stir until they are melted and the mixture is boiling. Beat the whites of two eggs to a stiff froth with a pinch of salt and beat in slowly the boiling mixture; beat until lukewarm and spread on the cake.

CALF'S LIVER AU GRATIN

Mix three-quarters of a cupful of very finely chopped salt pork with one cupful of soaked bread crumbs that have been pressed dry, two tablespoonfuls of finely chopped onion, one tablespoonful of chopped parsley, one teaspoonful of chopped chives and one tablespoonful of chopped capers; season with salt, paprika and mace. Cover one-quarter-inch-thick slices of calf's liver with boiling water, let stand five minutes, drain and dry between towels. Cover the bottom of a gratin dish with a layer of the dressing, cover the dressing with a layer of sliced liver and repeat the layers until the dish is full. Cover with buttered bread crumbs and bake in a moderate oven forty-five minutes.

ORANGE CREAM SAUCE

Beat four tablespoonfuls of butter to a cream and beat into it gradually one cupful of sifted powdered sugar; beat smooth and add slowly, beating constantly, half a cupful of cream, one teaspoonful of orange extract and one tablespoonful of grated orange rind.

JANUARY

FRIDAY

BREAKFAST

Baked Apple ‡
Coddled Eggs *
Raisin Bread Toast *
Fig Jam ‡

Milk ‡

Coffee *

LUNCHEON

Curried Shrimps *
Boiled Rice *
Orange and Almond Salad ‡
Marshmallow Gingerbread *

Milk ‡

Tea *

DINNER

Cream of Celery Soup ‡
Salted Nuts ‡
Baked Stuffed Bass *
Creamed Cucumbers ‡
Hearts of Lettuce ‡
Brick Ice Cream ‡
Milk ‡

Riced Potatoes ‡

Genoese Cakes *

Coffee *

CURRIED SHRIMPS

Heat one and a half tablespoons of butter in a saucepan, add one small dried onion cut in thin slices and cook until a light yellow add one and a half tablespoons of flour and half a teaspoon of curry powder and rub to a smooth paste; add one and a half cups of stewed and strained tomatoes, heat and add one and a half cups of peeled cooked shrimps. Heat, season with salt and paprika and pour over squares of buttered toast.

ORANGE AND ALMOND SALAD

Peel six firm oranges, remove all white skin and cut in even-sized dice; place in a cold bowl and mix with one cup of blanched toasted almonds chopped in coarse pieces, two cups of watercress leaves, and half a cup of French dressing. Serve on cold lettuce covered plates.

GINGERBREAD

Mix half a cup of melted butter with one cup of molasses and beat in one well-beaten egg. Sift two and a quarter cups of sifted flour with one and a half level teaspoons of soda; one teaspoon of ginger, one teaspoon of cinnamon, half a teaspoon of mace, and one teaspoon of salt. Add the flour mixture to the first mixture with one cup of sour milk, beat well and pour into a buttered and floured baking pan. Bake in a moderate oven thirty minutes. Remove from the oven and cover the top with marshmallows, return to the oven and let stand until the marshmallows are browned.

BAKED STUFFED BASS

Wash and clean a fresh bass, leaving the head on, stuff the fish with a stuffing made by mixing two and a half cups of fine bread crumbs with one-half cup of melted butter, the grated rind of half a lemon, one teaspoon of chopped parsley, one-quarter of a teaspoon of marjoram, and a seasoning of salt and paprika. Beat two eggs with half a cup of water and add to the mixture. After stuffing the fish sew up the opening and score on each side; place in the scored places thin strips of fat bacon and place the fish in a baking pan with half a cup of warm water. Bake in medium oven and serve with tomato sauce.

GENOESE CAKES

Beat half a cup of butter to a light cream and beat into it half a cup of sifted sugar and beat five minutes; add one unbeaten egg and beat smooth, add one by one three more eggs and beat well after the addition of each egg; beat hard for five minutes and beat in half a cup of sifted flour. Pour into a buttered and floured shallow baking pan, have the batter half an inch thick, and bake in a moderate oven. Turn the cake upside down on a wire rack to cool, when cold spread thickly with apricot jam and cover all with chocolate icing; place in the oven a minute, remove and when cold cut in small cubes.

JANUARY

SATURDAY

BREAKFAST

Sliced Peaches ‡
 Poached Eggs in Cream *
 Toast * Marmalade ‡
 Milk ‡ Coffee *

LUNCHEON

Chef's Hash *
 Orange and Celery Salad ‡
 Hot Biscuits *
 Lemon Cream Pie * ‡
 Milk ‡ Tea *

DINNER

Cream of Lima Beans ‡
 Ripe Olives ‡
 Chicago Chop Suey *
 Buttered Carrots ‡ Steamed Rice *
 Stuffed Prune Salad * ‡
 Apricot Shortcake* ‡
 Milk ‡ Coffee *

CHEF'S HASH

Run through the fine knife of a meat chopper one pound of top round steak and half a pound of fresh pork; place in a bowl and mix with two finely chopped onions, ten milk crackers rolled fine, one finely chopped green pepper, one cupful of tomato pulp, one beaten egg, one tablespoonful of melted butter and a seasoning of salt and paprika, form in a loaf set on a buttered baking pan and bake one hour in moderate oven, basting often with melted butter and hot water, serve with Spanish tomato sauce.

ORANGE AND CELERY SALAD

Peel four oranges, cut in dice and mix with one cupful of peeled and diced celery, one chopped pimienta, and one cupful of cooked mayonnaise. Mound on nets of shredded lettuce, sprinkle with finely chopped green peppers and garnish with ripe olives and orange points.

COOKED MAYONNAISE

Mix in a double boiler one tablespoonful of olive oil, one-third of a cupful of flour, and one cupful of water; stir and cook thirty minutes. Mix the yolks of two beaten eggs with one teaspoonful of mustard, one teaspoonful of salt, one-quarter of a teaspoonful of paprika, and beat in slowly two tablespoonfuls of lemon juice; add one cupful of olive oil, do not mix, and pour in the hot white sauce. Beat with a rotary egg beater for five minutes.

LEMON CREAM PIE

Mix one-third of a cupful of flour with one and a quarter cupfuls of sugar, add two tablespoonfuls of butter and stir in one cupful of boiling water; place in a double boiler and stir and cook until thick; beat in the well beaten yolks of three eggs and stir and cook four minutes, do not boil; stir in the strained juice of one and one-half lemons and one teaspoonful of grated lemon rind. Pour into a baked pie shell, cover with a meringue made with the stiffly beaten whites of three eggs and five tablespoonfuls of sugar and brown in a slow oven.

CHICAGO CHOP SUEY

Heat two tablespoonfuls of butter in a saucepan, add two pounds of lean fresh pork cut in small dice and brown quickly; add two cupfuls of peeled and diced celery and one cupful of chopped onions and stir and cook three minutes, add two tablespoonfuls of molasses, four tablespoonfuls of suey sauce and one cupful of hot water or meat stock. Simmer one hour, stirring occasionally. Make a paste of two tablespoonfuls of flour and water and stir into the mixture, stir and cook two minutes, and serve in a border of steamed rice.

APRICOT SHORTCAKE

Make two layers of short biscuit dough, spread with butter and spread between the layers and over the top cooked and sweetened dried apricots. Garnish with spirals of whipped cream or serve with sauce made with the juice from the apricots.

JANUARY

SUNDAY

BREAKFAST

Grapefruit‡
 Boston Baked Pork* and Beans‡
 Brown Bread*

Milk‡

Coffee*

DINNER

Cream of Cauliflower‡
 Salted Almonds‡
 Chicken Saute, Tyrolienne*
 Stewed Celery‡ Boiled Rice*
 Fruit Salad‡
 Mince Pie a la Mode*

Milk‡

Coffee*

SUPPER

Ham Salad Sandwich*
 Apples‡
 Cocoa‡ Cookies*

BAKED BEANS

Wash three cupfuls of navy beans and cover with cold water early Saturday morning. Saturday afternoon drain the beans, place them in a saucepan with one small onion stuck with two whole cloves and enough water to cover. Heat slowly and cook just below the boiling point until the skins will break when blown on. Drain off the water, remove the onion, place the beans in an earthenware bean pot, add half a pound piece of salt pork that has been parboiled in boiling water fifteen minutes, and cut in half-inch strips to the rind, and one cupful of boiling water mixed with two teaspoonfuls of salt, three tablespoonfuls of molasses, two tablespoonfuls of sugar, two teaspoonfuls of mustard, and one tablespoonful of black pepper. Cover the pot and bake in a slow oven six hours; uncover and bake one hour. Reheat before serving.

BOSTON BROWN BREAD

Sift one cupful of Graham flour with one cupful of corn meal, one cupful of rye meal, three-quarters of a teaspoonful of soda and a scant teaspoonful of salt; add to them three-quarters of a cupful of molasses and one and three-quarters of a cupful of milk; mix well, fill a buttered mold three-quarters full with the mixture; cover and steam three hours.

CHICKEN TYROLIENNE

Clean and cut in joints a young and tender chicken; if six are to be served use two chickens. Melt half a cupful of butter in a saute pan, add the chicken, which has been dusted with seasoned flour. Simmer slowly for twenty minutes or until nicely browned on all sides. Add one tablespoonful of orange juice, half a cupful of meat gravy, half a cupful of diced cooked ham and one peeled and chopped tomato. Simmer for fifteen minutes, place on a hot dish with chopped parsley and apple rings fried in butter.

FRUIT SALAD

Mix one cupful of peeled and diced oranges with one cupful of peeled and diced grapefruit, one cupful of peeled and diced apples, half a cupful of stoned and chopped dates, half a cupful of chopped walnut meats, and two-thirds of a cupful of cream salad dressing. Serve on cold lettuce-covered plates.

HAM SALAD SANDWICH

For each sandwich cover a slice of bread with mustard-flavored salad dressing, cover with a slice of boiled or baked ham, cover with a lettuce leaf, cover with salad dressing and cover with a slice of bread. Place the sandwich on a lettuce-covered plate and place on top of the sandwich a ring of green pepper and in the ring place a slice of hardboiled egg; sprinkle the egg with chopped parsley and garnish the plate with slices of sour pickle and ripe olives.

JANUARY

MONDAY

BREAKFASTStewed Figs†
Coddled Eggs*Toast*
Milk†Jam†
Coffee***LUNCHEON**

Monterey Salad*†

Orange Biscuits*†

Milk†

Maple Eclairs*

Tea*

DINNER

Onion Soup au Gratin†

Celery†

Curry of Lamb, Bombay*

Buttered Beets†

Watercress Salad†

Steamed Rice*

Milk†

Chocolate Pie*†

Coffee*

MONTEREY SALAD

Mix in a bowl rubbed with a clove of crushed garlic two cups of cold boiled potato dice, two cups of shredded cooked halibut or tuna, half a cup of chopped celery, four tablespoons of chopped pimientos, one chopped hardboiled egg, two tablespoons of chopped capers and two-thirds of a cup of French dressing; mix well, drain and mound on lettuce-covered cold plates; cover the tops with a tablespoon of mayonnaise dressing, garnish with strips of red and green peppers and sprinkle with chopped parsley.

ORANGE BISCUITS

Place in a small saucepan two tablespoons of butter, four tablespoons of sugar, two tablespoons of orange juice and three tablespoons of grated orange rind; stir and cook slowly until thick and smooth. Remove from the fire and cool. Sift two cups of sifted flour with one teaspoon of salt and four level teaspoons of baking powder; rub into this mixture four tablespoons of butter and when like coarse meal stir in slowly three-quarters of a cup of cold milk and work to a smooth dough. Place on a floured board, flatten out in an oblong strip half an inch in thickness and spread with the orange filling; roll up like a jelly roll, cut in three-quarter-inch slices, place close together in a biscuit pan that has been rubbed with butter, brush tops with melted butter and bake fifteen minutes in a moderate oven.

MAPLE ECLAIRS

Place in a saucepan, one cup of boiling water, half a cup of butter and one-quarter of a teaspoon of salt; bring to a boil, remove from the fire and stir in all at one time one cup of sifted flour; beat hard for three minutes. Beat in three unbeaten eggs, one at a time and beat three minutes after the addition of each egg. Shape in eclairs, on buttered baking sheet, four inches long and one inch wide; have them about four inches apart. Bake in hot oven twenty-five minutes, turn off the heat and let stay in the oven ten minutes. Cool, split half through, fill with maple cream and cover with maple icing.

LAMB CURRY

Cut three pounds of neck, breast or shoulder of lamb in two-inch squares; place in a saucepan, cover with cold water, add one teaspoon of salt, bring to a boil, drain off the water and place the meat in a clean saucepan with one small onion stuck with two whole cloves, one stalk of celery, bay leaf and six cups of hot water; bring to a boil and simmer until the meat is tender, drain off the stock and save and place the meat in a warm dish. Heat six tablespoons of butter in a saute pan, add one chopped onion, the chopped white part of one leek, two branches of parsley, one bay leaf and one crushed clove of garlic; simmer until the onion is soft, add two tablespoons of flour mixed with two tablespoons of curry powder and when hot stir in four cups of the lamb broth, one peeled, cored and sliced apple, one sliced banana that has been fried in butter and a half cup Indian chutney; boil twenty minutes, rub through a fine sieve into a clean saucepan, add the cooked lamb and a seasoning of salt and reheat. Make a border of rice around a hot deep platter, pour in the curry and sprinkle with chopped parsley. Serve with the curry chopped pickles, toasted Bombay duck, chopped hardboiled eggs, hot Indian chutney and sweet Indian chutney.

JANUARY

TUESDAY

BREAKFAST

Grapefruit‡
 Chipped Beef Omelet*
 Bran Biscuits*
 Coffee*
 Honey‡
 Milk‡

LUNCHEON

Filet of Sole, Spencer*
 Chip Potatoes‡
 Cucumber Salad‡
 Cherry Tarts‡*
 Milk‡
 Tea*

DINNER

Raisin Cocktail‡
 Ripe Olives‡
 Belgian Hare Stew*
 Noodles, Buttered Onions*‡
 Beet Salad‡
 Apple Dumplings, Nugget Sauce*
 Milk‡
 Tea*

BRAN BISCUITS

Sift into a bowl one and a half cups of flour, five level teaspoons of baking powder and two-thirds of a teaspoon of salt; add two cups of clean wheat bran and mix well; add three level tablespoons of butter and rub until the mixture is like coarse meal; work to a smooth, stiff dough with sweet milk and roll out half an inch thick; shape with a cutter, place on a buttered baking pan and bake in a slow oven.

FILET OF SOLE

Dip six filets of sole in salted sweet milk and then cover with fine bread crumbs; rub a baking pan with olive oil, lay in the filets, sprinkle with three finely chopped slices of bacon and bake ten minutes in a hot oven. Serve with tartar sauce and garnish with lemon slices and branches of parsley.

RABBIT STEW

Cut a good-sized Belgian hare in three-inch pieces, place in an earthenware jar, cover with equal parts of mild vinegar and water; add one sliced onion, one teaspoon of whole pepper corns, twelve whole cloves, one sliced carrot, half a teaspoon of salt, and two bay leaves; cover the jar and let stand twenty-four hours. Drain out the meat and strain the pickle. Heat four tablespoons of butter in a saute pan, add the drained pieces of hare, cook a nice brown all over, turning often. Add enough of the strained pickle to cover and simmer until tender. Just before serving stir in two-thirds of a cup of sour cream.

NUGGET SAUCE

Have the water in the bottom of a double boiler hot and in the top part mix one and a half cups of sugar, five whole eggs, and two teaspoons of vanilla extract; place the top over the hot water and beat with a wire egg beater until foamy and light, do not boil.

JANUARY

WEDNESDAY

BREAKFAST

Baked Apple†	
Toasted Raisin Bread*	Fig Jam†
Milk†	Coffee*

LUNCHEON

California Lobster Salad*	
Hot Crescent Rolls*	
Apricot Pie*	
Milk†	Tea*

DINNER

Cream of Green Peas†	
Pot Roast of Beef *	Raisin Sauce †
Brussels Sprouts, Mashed Potatoes†	
Cress and Endive Salad†	
Ice Cream†	Chop Suey Sauce†
Milk†	Coffee*

SWISS EGG ON TOAST

Melt two tablespoons of butter on a large thick platter, sprinkle over it three tablespoons of grated cheese. Carefully break six eggs on the cheese, taking care not to break the yolks; sprinkle the eggs with a seasoning of salt, pepper, three tablespoons of grated cheese, and one tablespoon of finely chopped parsley. Set the platter in a medium hot oven and bake until the eggs are set. Have ready six rounds of toast; cut the eggs out with a round cutter and set on the toast.

LOBSTER SALAD

Remove the meat from a boiled California lobster and cut in small even-sized dice and mix with it one and a half cups of peeled and chopped celery, one chopped pimiento, the chopped whites of two hard-boiled eggs, one tablespoon of capers, and half a cup of lemon French dressing. Mound on nests of shredded lettuce and garnish with the yolks of the hard-boiled eggs pressed through a sieve and finely chopped parsley.

CREAM OF GREEN PEAS

Wash two quarts of unshelled green peas, remove the pods and cover with cold water, place over the fire, bring to a boil and simmer thirty minutes; remove the pods from the water and add the shelled peas, boil thirty minutes or until soft; rub through a sieve into a clean saucepan and keep warm; heat three cups of milk and add to it two tablespoons of flour rubbed to a smooth paste with four tablespoons of butter and half a teaspoon of sugar, cook until thick and smooth; add the puree of peas and a seasoning of salt, mace, and pepper; serve with small squares of toasted bread.

CHOP SUEY SAUCE

Mix two-thirds of a cup of chopped dried figs with half a cup of sugar, two-thirds of a cup of seeded raisins, and one and a quarter cups of water; place over the fire and simmer slowly for ten minutes; add half a cup of chopped maraschino cherries and half a cup of chopped nut meats. Cool and serve over slices of brick ice cream.

JANUARY

THURSDAY

BREAKFAST

Grapefruit†
 Fried Hominy*
 Country Sausage*

Toast*
 Milk†

Jelly†
 Coffee*

LUNCHEON

Shirred Eggs, Riverside*
 Hot Rolls*
 Green Pea and Beet Salad†
 Rhubarb Pie†*

Milk†

Tea*

DINNER

Celery Soup†
 Radishes†
 Beef a la Mode*
 String Beans†
 Baked Potatoes †
 Cold Artichokes †
 Mayonnaise *

Strawberry Short Cake†*
 Milk†

Coffee*

COUNTRY SAUSAGE

Run through the fine knife of the meat chopper one pound of lean pork and half a pound of fat pork; season with salt and fresh ground black pepper, if liked add a little sage and mace, add one tablespoonful of ice water and mix well. Form in six even-sized round cakes, dip in beaten egg, roll in fine bread crumbs, place in a baking pan and set in a moderate oven twenty-five minutes or fry a nice brown over a slow fire on both sides in a frying pan.

EGGS RIVERSIDE

Butter the required number of shirring dishes and place in each dish four tablespoonfuls of fresh tomato cut in small cubes, add a seasoning of salt and pepper, two tablespoonfuls of chopped boiled ham and simmer on top of the stove for two minutes; add one tablespoonful of chopped pimiento and two raw eggs; season with salt and paprika, dot with bits of butter and set in a moderate oven five minutes.

RHUBARB PIE

Place four cups of peeled and diced rhubarb in a saucepan, add half a cup of water and cook five minutes. Mix one cup of sugar with two tablespoonfuls of flour and one-quarter of a teaspoonful of salt and stir into the rhubarb; stir and cook until the mixture is thick; pour into a pastry-lined pie tin, dot with two tablespoonfuls of butter broken in small bits, cover with pastry and bake in a moderate oven thirty minutes; five minutes before removing from the oven brush with beaten egg white and water and sprinkle with granulated sugar.

HORSERADISH SAUCE

Mash the yolks of two hard-boiled eggs in a bowl and gradually add three tablespoonfuls of vinegar and work to a cream; stir in three tablespoonfuls of grated horseradish and half a teaspoon of salt.

JANUARY

FRIDAY

BREAKFAST

Stewed Prunes*

Finnan	Haddie*	Egg	Sauce*
Milk ‡	Toasted Raisin Bread *	Coffee *	

LUNCHEON

Spaghetti Oriental*

Combination Salad‡

Milk‡	Butterscotch Pie*	Tea*
-------	-------------------	------

DINNER

Lobster Chowder*

Celery‡

Pot Roast of Yellow Tail*

Carrots and Peas‡	Buttered Rice*
-------------------	----------------

Chiyote and Nut Salad‡

Milk‡	Cocoanut Layer Pie**	Coffee*
-------	----------------------	---------

FINNAN HADDIE

Cover the Finnan haddie with boiling water and boil gently for twenty minutes; drain, remove skin and bone, place on a hot platter and pour over egg sauce.

EGG SAUCE

Beat one-half a cupful of butter to a cream and beat into it one tablespoonful of flour; pour into it one cupful of boiling water, mix well and place in a saucepan over the fire; stir until it comes to a boil but do not boil. Add one chopped hard-boiled egg and pour over the fish.

SPAGHETTI ORIENTAL

Boil half a pound of spaghetti in boiling water, salted, until tender, drain, chop fine and add one cupful fine, dry bread crumbs, one grated onion, two tablespoonfuls of chopped parsley, a seasoning of salt and pepper, one-quarter of a teaspoonful of mace, two tablespoonfuls of ketchup, and one beaten egg. Mix well, pour into a buttered mold and steam in a pan of hot water in the oven for one and a half hours. Unmold on a hot plate and pour over Italian sauce.

ITALIAN SAUCE

Cover one-third of a cupful of dried mushrooms with one cupful of boiling water and let stand one hour; drain, save the water and chop fine. Heat four tablespoonfuls of olive oil in a saucepan, add one finely minced onion and one tablespoonful of chopped parsley; cook until the onion is clear, add the mushrooms, one cupful and a half of canned tomato puree, one cupful of beef stock, a seasoning of salt and pepper, and the mushroom water; simmer for thirty minutes and serve.

LOBSTER CHOWDER

Scald one quart of milk and stir into it two tablespoonfuls of butter rubbed to a paste with one tablespoonful of flour, half a teaspoonful of salt, one-quarter of a teaspoonful of cayenne pepper, one-quarter of a teaspoonful of soda, and one stalk of celery; cook, stirring constantly, one minute; add the meat from a one-and-a-half pound California lobster cut in bits and cook five minutes. Line a soup tureen with buttered hard crackers and pour over the chowder.

POT ROAST OF YELLOW TAIL

Remove the skin from a three-pound piece of yellow tail; cut two cloves of garlic in halves and press into the fish down to the bone. Season the fish with salt and pepper and brown all over in half a cupful of hot olive oil. Place the fish in a heated and oiled casserole, cover with two sliced onions, one tablespoonful of chopped parsley, and the hot oil that the fish was browned in; rinse out the pan with half a cupful of hot water and pour into the casserole. Cover tight and bake forty-five minutes. Lift the fish onto a hot platter with two skimmers; add one tablespoonful of flour to the gravy, cook five minutes and strain over the fish. Garnish with lemon slices and branches of parsley.

CHIYOTE AND NUT SALAD

Peel two chiyotes, cut in even-sized dice and boil, until tender in boiling water to which has been added one tablespoonful of lemon juice; drain, pour over cold water, drain, and when cold mix in a bowl with one cupful of broken walnut meats, one shredded heart of lettuce, and half a cupful of lemon French dressing. Serve in lettuce cups and garnish with a ripe olive.

JANUARY

SATURDAY

BREAKFAST

Shirred Eggs with Cream*

Toast*

Milk†

Coffee*

LUNCHEON

Potato Soup†

San Pedro Salad*†

Cheese Biscuits*†

Cranberry Tarts *

Milk†

Tea*

DINNER

Spare Ribs * and Sauerkraut †

Boiled Potatoes†

Garden Salad†

Fruit Tapioca †

Milk†

Coffee*

SHIRRED EGGS WITH CREAM

For each person break two eggs into a buttered shirred egg dish and set in the oven until the whites of the eggs start to set; pour thick cream over the eggs, return to the oven and finish cooking. Dust with paprika and salt and serve very hot.

POTATO SOUP

Heat four cupfuls of milk with one onion stuck with two whole cloves, when the milk is boiling hot stir it into one cupful of mashed potatoes. Heat two tablespoonfuls of butter in a saucepan, add two tablespoonfuls of flour and mix well. Pour into these gradually the milk and potato mixture and stir while cooking for ten minutes. Season with celery, salt, pepper and finely chopped parsley and serve with croutons.

SAN PEDRO SALAD

Remove the tops from six bell peppers, and remove the seeds and veins and place in ice water. Mix in a cold bowl, that has been rubbed with a clove of garlic, one cupful of cold-cooked fish freed from all skin and bones and shredded (canned tuna may be used), one cupful of shredded raw cabbage, half of a pimento chopped fine, one tablespoonful of chopped capers, half a cupful of cooked salad dressing and a seasoning of salt and paprika. Drain and dry the pepper cups and fill with the salad mixture, set on a bed of shredded lettuce, cover with salad dressing and garnish the tops with a ripe olive.

CHEESE BISCUITS

Sift one and a half cupfuls of sifted flour with three level teaspoonfuls of baking powder, one teaspoonful of sugar and half a teaspoonful of salt. Work into these two tablespoonfuls of butter and when the mixture is like coarse meal add three-quarters of a cupful of grated American cheese and mix to a smooth dough with two-thirds of a cupful of milk. Roll out on a floured board, cut in rounds, place on a buttered baking pan half an inch apart and bake in a moderate oven.

FRUIT TAPIOCA

Heat in a saucepan one and a half cupfuls of milk and four tablespoonfuls of sugar; bring to a boil and stir in gradually half a cupful of ground tapioca; stir until it boils and cook fifteen minutes; whip one cupful of cream and add to the tapioca with one teaspoonful of vanilla extract, when the tapioca mixture is cool. Pour mixture into a wet border mold and set on the ice for four hours. Unmold on a round dish, fill the center with a mixture of preserved peaches, apricots and plums. Sprinkle over all half a cupful of blanched, toasted and shredded almonds and half a cupful of chopped maraschino cherries.

JANUARY

SUNDAY

BREAKFAST

Waffles*	Sliced Oranges†	Honey†
Milk†		Coffee*

DINNER

Shrimp Cocktail*		
Salted Almonds†		Celery†
Cream of Tomato †		
Oven Fried Chicken County Style*		
Asparagus † on Toast *		Corn Fritters *
Sunland Salad†		Cranberry Pie*
	Cheese†	
Milk†		Coffee*

SUPPER

Creamed Lamb with Mushrooms*	
Romaine and Almond Salad†	
Chocolate Marshmallow Cake*	
Coffee*	

CHICKEN COUNTRY STYLE

Cut the required number of broiler chickens in halves and cut each half in two pieces. Rub each piece with crushed garlic, sprinkle with salt and pepper and roll in flour, shake off any extra flour, dip in beaten egg and roll in sifted bread crumbs. Place in a thick iron frying pan one tablespoon of olive oil and five tablespoons of butter, heat, lay in the pieces of chicken and place the pan in a medium hot oven and bake until the chicken is tender, turning often and basting every five minutes, the first two times with a tablespoon of melted butter and after that with the gravy from the pan. Place the pieces of chicken on squares of buttered toast and serve separate a rich cream sauce.

SUNLAND SALAD

Mix two cups of peeled and diced oranges with one cup of peeled and diced grape fruit, one cup of diced pineapple, and one cup of seedless raisins that have been soaked in orange juice one hour. Mound on lettuce-covered plates and place a tablespoon of mayonnaise on each serving.

CRANBERRY PIE

Place in a saucepan one quart of washed and picked cranberries and two cups of water; cook until the cranberries are soft. Mix one and a half cups of sifted sugar with two tablespoons of sifted flour and a pinch of salt; stir into the cooked cranberries and stir and cook until thick; pour the mixture into a pastry-lined pie tin, dot with bits of butter, cover with strips of pastry lattice fashion and bake in a moderate oven thirty minutes.

CREAMED LAMB

Cut cold, cooked lamb into small even-sized dice and place in a saucepan with one can of drained mushroom pieces and stems and two tablespoons of butter, place over a slow fire until the butter is all absorbed; add two cups of white sauce, a seasoning of salt and pepper and pour over squares of buttered toast. Sprinkle with chopped pimentos and chopped parsley.

MARSHMALLOW CAKE

Bake three layers of sponge cake, cool, and spread between the layers a marshmallow filling and cover the sides and top with chocolate icing. For the marshmallow filling boil one and a third cups of sugar with four tablespoons of water and two drops of lemon juice until it will spin a thread when a little is dropped from the tip of a spoon; add twelve marshmallows cut in small pieces and stir and boil until they are dissolved. Beat the whites of two eggs to a stiff froth with a pinch of salt and beat into them slowly the boiling syrup; beat until lukewarm and spread between the cake layers.

JANUARY

MONDAY

BREAKFAST

Sliced Bananas†
 Chipped Beef and Cream*
 Scotch Scones* Jelly†
 Milk† Coffee*

LUNCHEON

Oysters Au Gratin*
 Baked Potatoes† Radishes†
 Lettuce and French Dressing†
 Tea* Soft Ginger Cookies* Milk†

DINNER

Consomme* Chow Chow†
 Olives†
 Pot Roast of Salmon*
 Riced Potatoes† La Tosca Salad† Peas in Butter†
 Tea† Chocolate Custard* Coffee*

OYSTERS AU GRATIN

Two cupfuls of cleaned oysters, one and three-quarters cupfuls of bread crumbs or part cracker crumbs, one-half cupful of melted butter, one-quarter cupful of oyster liquor, one-quarter cupful of thin cream, two-thirds of a teaspoonful of salt, one teaspoonful of white pepper, a little onion juice, if desired.

Pour the melted butter over the crumbs. Spread one-third of the buttered crumbs in a buttered glass oven gratin dish. Arrange over it half of the oysters, and dredge over oysters half of the seasoning. Mix oyster liquor and cream, pour half of it over this layer, and repeat a layer of buttered crumbs, oysters and seasoning. Add remaining liquor. Dredge over oysters some buttered crumbs. Bake twenty-five minutes in a quick, moderate oven.

SOFT GINGER COOKIES

Two-thirds of a cupful of butter, one cupful of sugar, one cupful of molasses, one-half cupful of hot water, one and one-half cupfuls of sifted flour, sifted with the soda, one teaspoonful of baking soda, one teaspoonful each, salt, cinnamon and ginger, extra sifted flour as needed.

Cream the butter, continue beating, and slowly add the sugar. Beat until creamy; and, continuing the beating, add the spices, molasses and hot water. Beat while adding the flour mixture, then work in enough extra sifted flour to obtain a rather soft dough. Let cool, toss it on a board sparingly dusted with flour, pat, roll out thin, cut and bake.

POT ROAST OF SALMON

Three-pound piece of salmon, one dozen oysters, one-half cupful of mushrooms, cut up, one-half cupful of oil, three tablespoonfuls of butter, salt and pepper (cayenne), two dozen small onions, one small garlic clove, one tablespoonful anchovy essence, one tablespoonful of lemon juice, four tablespoonfuls of flour, one cupful of fish stock.

Skin the piece of salmon. Mash the clove of garlic with some salt and rub it well into and all around the salmon. Mix the butter and flour well together and put it in an earthenware dish in the oven to bake, stirring it occasionally until it becomes a light chocolate brown. This is to make a brown roux to thicken the gravy. Place in saute pan and when melted and brown add the oil and stir together. Sprinkle the onions with salt and add them to the oil, tossing them until they are a golden brown. Put in the fish and brown on each side, add a cupful of boiling water and cover with a tight lid. Allow to simmer gently for half an hour, or until fish and onions are both cooked. Heat a cupful of stock and add to it the brown roux from the oven, stirring until smooth. Season this with the anchovy and lemon juice, salt and pepper. Scald the oysters and add them and their liquor to the brown sauce, also the mushrooms. Lift out the salmon to a hot platter. Add the brown sauce to the onions and stir all well together. Pour over the salmon. Serve.

LA TOSCA SALAD

Half an orange hollowed out and scalloped and filled with thinly sliced apples, diced celery and pineapple and mixed with mayonnaise. Place in nest of lettuce. Sprinkle chopped blanched almonds over top.

JANUARY

TUESDAY

BREAKFAST

Apple Sauce and Raisins †

Ham Omelet *

Southern Spoon Bread *

Milk†

Coffee*

LUNCHEON

Baked Whole Wheat Macaroni *

Lettuce and Watercress†

French Dressing †

Rolls *

Apricot Souffle * †

Milk†

Tea*

DINNER

Oyster Soup*

Radishes and Celery†

Fricassee of Rabbit *

Riced Potatoes†

Corn Fritters*

Japanese Salad†

Tapioca Cocoanut Pudding*

Tea *

Coffee *

FRICASSEE OF RABBIT

Cut a young rabbit into neat joints and lay it in lukewarm water to draw out the blood, then drain it and put it into a stew pan with a large onion cut into slices, two cloves, a little mace, parsley and a quarter of a pound of streaked bacon cut into dice. Cover all with water and let it simmer twenty minutes, keeping it well skimmed. Then pass the stock through a sieve into a dish and take out the pieces of rabbit and bacon. In another stew pan have ready two ounces of butter mixed with a good tablespoonful of flour, moisten with the stock and stir over the fire until boiling. Then trim the rabbit nicely and put it with the bacon and twenty button onions into the sauce and let it simmer until the onions are tender. Skim off all the fat. Then pour in one-fourth of a cupful of cream, into which the yolks of two eggs have been mixed. Leave it on the fire until it thickens, but do not let it boil. Take out the rabbit, arrange it nicely on a dish, pour the sauce over it and serve.

JAPANESE SALAD

Wash even-sized beets and cook them in boiling salted water until tender—an hour or longer. Plunge them into cold water and rub off the skin. With a sharp knife and a spoon remove the center from each beet, leaving a cup. Let them stand in a weak vinegar on ice. Cut into dice enough cold boiled potato to make two cupfuls, add one cupful of diced celery, one tablespoonful of chopped parsley, a few drops of onion juice and one tablespoonful of pecan nut meats. Mix all lightly with a fork, marinate with French dressing made with one-half teaspoonful of salt, one-fourth teaspoonful of paprika, three tablespoonfuls of olive oil and one tablespoonful of vinegar or lemon juice. When ready to serve arrange nests of lettuce leaves on a platter, dry the beet cups, fill them with the salad and place a beet in each nest of leaves, putting a teaspoonful of mayonnaise on top of each cupful just before serving.

APRICOT SOUFFLE

Rub enough fruit through a sieve to make three-fourths of a cupful of pulp. Heat in a saucepan and sweeten if needed. Beat the whites of three eggs until stiff and dry, gradually add the hot fruit pulp and continue beating. Turn into buttered and sugared individual molds, having them three-fourths full; set molds in pan of water and bake until firm in a slow oven.

TAPIOCA COCOANUT PUDDING

Take one-half cupful of grated cocoanut with one-half a cupful of pearl tapioca in cold water to cover. Add one and one-half pints (three cupfuls) of milk, three beaten eggs, one-half cupful of sugar and a speck of salt. Mix well and bake in a buttered dish for thirty minutes. Serve hot with cream.

JANUARY

WEDNESDAY

BREAKFAST

Grapefruit and Orange Juice†
Poached Eggs and Beacon*
Waffles * Honey †
Milk† Coffee*

LUNCHEON

Curried Eggs*
Austrian Potatoes†
Tomato and Cheese Salad†
Cocoanut Mousse†
Tea*

DINNER

Split Pea Soup†
Dill Pickles†
Beef en Casserole* Spinach†
Baked Sweet Potatoes† Log Cabin Salad, French Dressing*
Almond and Apple Whip†
Tea * Coffee *

CURRIED EGGS

Six hard cooked eggs, six slices of toast, onion, one cupful stock, one cupful milk, two teaspoonfuls of cornstarch, one teaspoonful butter, one-quarter teaspoonful curry powder, salt and pepper.

Remove the shell from eggs and cut them into quarters lengthwise. Arrange on slices of hot buttered toast. Rub the bottom of a saucepan with a slice of onion. Mix the cornstarch and curry powder. Make a sauce of the stock, milk, cornstarch and curry powder, fat and seasonings and pour over the eggs and toast.

AUSTRIAN POTATOES

Wash, pare and cut potatoes in one-eighth-inch slices; there should be three cupfuls. Cover with cold water and let stand fifteen minutes, drain and cook in boiling salted water two minutes. Drain again, spread in a buttered dripping pan and bake until potatoes are soft, basting twice with one-third cupful melted butter, to which has been added one tablespoonful lemon juice, one-half teaspoonful salt and one-eighth teaspoonful paprika.

COCOANUT MOUSSE

One teaspoonful gelatine, two tablespoonfuls hot water, one-half cupful sugar, one-half cupful boiling milk, two cupfuls whipping cream, one cupful chopped cocoanut, three tablespoonfuls orange juice.

Dissolve the gelatine in the hot water, add the milk; cool and add the cocoanut, sugar, orange juice and whipped cream. Pour the mixture into a chilled mold. Pack in ice and salt for four hours. Garnish with stars of whipped cream.

BEEF EN CASSEROLE

Two and one-half pounds beef, two tablespoonfuls beef drippings, one small carrot, cut in dice, one tablespoonful flour, one small onion, sliced, salt and pepper to taste, one cupful strained tomatoes, one bay leaf.

Salt and pepper the meat and dust with the flour. Heat the fat in a frying pan and brown the meat in it on all sides. Place meat in casserole, add other ingredients, cover and let simmer at a low temperature until tender, keeping the casserole well covered so as not to allow the steam and juices to escape.

LOG CABIN SALAD

Peel and cut lengthwise four bananas, place in orange juice for half an hour, then place the bananas on individual serving plates, log cabin fashion, fill the centers with hulled, cleaned strawberries. Serve with French dressing. Garnish with sprigs of parsley.

ALMOND AND APPLE WHIP

Cook some tart apples and crush to a pulp through a sieve. Chop one cupful of almonds fine, add two cupfuls of cold apple pulp, one-half cupful of sugar, and beat in one cupful of whipped cream. Beat until very light and thick. Set on ice to get very cold. Serve in glasses, the top strewn with almonds cut in strips.

FEBRUARY

MONDAY

BREAKFAST

Prunes *
 Sausage Omelet *
 Toast * Jam ‡
 Milk ‡ Coffee *

LUNCHEON

Fish Roes, Baltimore *
 Celery Root Salad ‡ Chip Potatoes ‡
 French Pancakes *
 Milk ‡ Tea *

DINNER

Cream of Cauliflower ‡
 Olives ‡
 Lamb Steaks, Bordelaise *
 String Beans ‡ Mashed Potatoes ‡
 Pastel De Platano ‡ *
 (Banana Pie)
 Milk ‡ Coffee *

FISH ROES, BALTIMORE

Place three pounds of fish roes in a buttered frying pan, add two tablespoonfuls of orange juice, two tablespoonfuls of water, two teaspoonfuls of lemon juice, one tablespoonful of melted butter, a seasoning of salt and Cayenne pepper and a quarter of a teaspoonful of grated nutmeg; cover with a lightly buttered paper, set over a slow fire for five minutes and place in the oven for thirty minutes or until the roes are cooked. Carefully remove the roes with a pancake turner to a hot platter; place the pan on the fire, add three-quarters of a cupful of cream, boil five minutes and beat in the yolks of two eggs beaten with two tablespoonfuls of cream; beat and cook for two minutes, do not boil, and strain over the cooked roes.

LAMB STEAKS, BORDELAISE

Have the butcher cut three or four lamb steaks weighing about ten ounces each, season with salt and pepper, rub with olive oil, lay in a hot baking pan covered with olive oil, set in a hot oven, cook eight minutes, turn and cook eight minutes, place on a hot platter, cover with Bordelaise sauce and sprinkle with chopped parsley.

BORDELAISE SAUCE

Place in a small sauce pan the finely chopped white part of six young green onions, four tablespoonfuls of orange juice and four tablespoonfuls of water; set over the fire, add one crushed clove of garlic and reduce one-half; add four tablespoonfuls of tomato sauce half a cupful of brown gravy and a seasoning of salt and cayenne pepper; simmer for ten minutes, take to the side of the fire and add, a small bit at a time, one tablespoonful of butter.

PASTEL DE PLATANO

Steam six peeled and sliced bananas until soft, rub through a sieve and mix with them one cupful of chopped, seeded raisins, one teaspoonful of cinnamon, the pulp of one chili pepper, half a cupful of blanched and chopped almonds, four tablespoonfuls of sugar, four tablespoonfuls of orange juice and when all are well mixed stir in three well-beaten eggs; pour into a pie tin lined with rich pastry, cover with pastry and bake thirty minutes.

FEBRUARY

TUESDAY

BREAKFAST

Sliced Pineapple ‡
 Broiled Lambs Kidneys and Bacon *
 Toast * Jelly ‡
 Milk ‡ Coffee *

LUNCHEON

Mixed Grill, St. Mark *
 Fruit Salad ‡
 Hot Rolls *
 Orange Cream Pie ‡ *
 Milk ‡ Tea *

DINNER

Pickles ‡
 Puree of Leeks * ‡
 Fried Ham Steak *, Country Gravy ‡
 Mashed Turnips ‡ Fried Sweet Potatoes ‡
 Sliced Tomatoes ‡, Denver Dressing ‡
 Apricot Pie * ‡
 Milk ‡ Coffee *

MIXED GRILL

For each person to be served broil one lamb chop, one horse shoe of ham, one lamb kidney, one breakfast sausage, and one slice of tomato. Arrange these on a hot serving dish, cover with maitre d'hotel butter and garnish with branches of watercress.

MAITRE D'HOTEL BUTTER

Beat four tablespoonfuls of fresh butter to a cream and beat into it the strained juice of one lemon and one tablespoonful of finely chopped parsley.

PUREE OF LEEKS

Chop one bunch of leeks, cover with boiling water and boil ten minutes; drain well, place in a saucepan, add three tablespoonfuls of butter and fry lightly; sprinkle with two tablespoonfuls of sifted flour, a seasoning of salt, pepper and nutmeg and pour over three cupfuls of milk and three cupfuls of veal stock. Cook twenty minutes, stirring constantly. Rub all through a sieve into a clean saucepan reheat, add half a teaspoonful of sugar and one tablespoonful of melted butter. Serve with croutons.

DENVER DRESSING

Mix one cupful of whipped cream with one tablespoonful of horseradish, one tablespoonful of chili sauce, two tablespoonfuls of chopped pimientos, two tablespoonfuls of chopped ripe olives, two tablespoonfuls of chopped green pepper, two tablespoonfuls of strained lemon juice, and a seasoning of salt and paprika.

HAM STEAK

Have the butcher cut a thick slice from the center of a mild cured ham and cook without the addition of any fat until done. Lift out the steak to a hot platter and add one cup of milk to the fat in the pan, bring to a boil and stir in one tablespoonful of flour mixed to a smooth paste with cold milk; boil two minutes, season with black pepper and pour over the cooked ham steak.

APRICOT PIE

Drain the juice from a large can of halved apricots and mix with it one cupful of water, one-third of a cupful of sugar mixed with three tablespoonfuls of cornstarch, and a quarter of a teaspoonful of mace. Pour into a double boiler and stir and cook until thick; add the beaten yolks of two eggs and stir and cook five minutes, do not boil. Stir the strained juice of half a lemon and the well beaten whites of two eggs. Pour the mixture into a baked pie shell, cool and cover the top with halves of apricots.

FEBRUARY

WEDNESDAY

BREAKFAST

Orange Juice ‡

Corn Bread *

Milk ‡

Honey ‡

Coffee *

LUNCHEON

Macaroni, Christian *

Lettuce ‡

French Dressing *

Whole Wheat Muffins *

Banana Short Cake ‡ *

Milk ‡

Tea *

DINNER

Consomme Duchesse * ‡

Radishes ‡

Breast of Veal, Casserole *

Carrots and Peas ‡

New Potatoes ‡

Queen Salad ‡

Steamed Blackberry Pudding ‡ *

Milk ‡

Coffee *

CORN BREAD

Sift two cupfuls of corn meal with one cupful of sifted flour, five level teaspoonfuls of baking powder, two tablespoonfuls of sugar and one teaspoonful of salt; add two well-beaten eggs, one tablespoonful of melted butter and one and a half cupfuls of milk; beat smooth, pour into a shallow buttered baking pan and bake twenty-five minutes in a hot oven.

MACARONI, CHRISTIAN

Boil three-quarters of a pound of whole wheat macaroni in boiling water to which has been added one tablespoon of butter and one small onion stuck with two cloves; when tender, but not soft, drain in a collander, place in a baking dish, add two tablespoonfuls of butter, a seasoning of salt and pepper, three tablespoonfuls of grated cheese and enough milk to nearly cover the macaroni; place in the oven and bake a nice brown.

WHOLE WHEAT MUFFINS

Sift three cupfuls of 100 per cent whole wheat flour with one tablespoonful of sugar, one teaspoonful of salt, and six level teaspoonfuls of baking powder; add to them one tablespoonful of melted butter, one well-beaten egg and one cupful and a half of milk; beat smooth, fill buttered muffin pans two-thirds full with the mixture, brush the tops with melted butter and bake twenty minutes in a fast oven.

CONSOMME DUCHESSE

Place in a saucepan three and a half cupfuls of water and half a cupful of well-washed rice, bring to a boil and boil fifteen minutes, add half a teaspoonful of salt and half a teaspoonful of sugar. When the rice is soft and just before serving add three cupfuls of hot milk, bring to a boil, add half a teaspoonful of paprika and serve with croutons.

VEAL, CASSEROLE

Chop half a cupful of salt pork in small pieces and fry until clear in a saute pan, remove the pieces of pork, add to the pan two pounds of breast of veal cut in inch squares and one sliced onion; stir and cook until the meat is seared, place in a casserole, add half a cupful of chopped salt pork and enough hot water to cover; place the cover on the casserole, bake in a moderate oven one hour; add four young carrots cut in dice, three peeled and diced potatoes and four tablespoonfuls of blanched rice; cover the casserole, place in the oven and bake thirty minutes or until the vegetables are soft; add one tablespoonful of table sauce and serve from the casserole.

QUEEN SALAD

Cover cold salad plates with chicory, cover the chicory with sliced and quartered peeled tomatoes, cover all with French dressing and sprinkle with finely chopped chives.

FEBRUARY

THURSDAY

BREAKFAST

Figs & Cream ‡
Eggs Carmelite *
Toast * Jam ‡
Milk ‡ Coffee *

LUNCHEON

Fish Salad, Norway *
Hot Rolls *
Raisin Pie a la Mode ‡ *
Milk ‡ Tea *

DINNER

Mongolian Soup ‡
Olives ‡
Beefsteak, Russian Style *
Browned Turnips ‡ Chip Potatoes ‡
Spinach Salad ‡
Strawberry Whip * ‡
Milk ‡ Coffee *

EGGS CARMELITE

Rub two cupfuls of cooked asparagus tips through a sieve and divide into four buttered shirring dishes; smooth out, drop two eggs on each dish, season lightly with salt and paprika, dot with bits of butter and set in the oven until firm.

FISH SALAD

Remove the skin and bones from three cupfuls of cooked halibut or tuna; break into flakes and mix in a bowl with three chopped hardboiled eggs, two tablespoonfuls of chopped olives, two tablespoonfuls of chopped capers, one tablespoonful of chopped sour pickle and two-thirds of a cupful of French dressing; let stand in a cold place for thirty minutes, drain and mound on six cold salad plates covered with shredded lettuce; mask with mayonnaise dressing, sprinkle with chopped parsley, garnish with strips of pimienta and ripe olives.

MONGOLIAN SOUP

Make two cupfuls of puree of split peas and two cupfuls of puree of tomatoes; mix in a saucepan, add three cupfuls of beet juice, half a cupful of cooked beets cut in small cubes and a seasoning of salt, pepper and Worcestershire sauce.

BEEFSTEAK RUSSIAN

Cut tender, raw beefsteak in pieces one inch thick and three inches square; fry in hot olive oil, place on a hot platter and serve with a sauce made by mixing half a cup of mayonnaise, one-third of a cupful of tomato catsup and one finely chopped clove of garlic.

SPINACH SALAD

Plunge three bunches of cleaned spinach into boiling salted water and cook twenty minutes; turn into a collander and drain dry; spread out on a wooden board and chop fine; season with salt and pepper and a little vinegar. Slice three hard-boiled eggs in thin, round slices about a quarter of an inch thick. Place a slice of hard-boiled egg in the bottom of a custard cup or small mold and fill with the cooked and seasoned spinach. Cover plates with shredded lettuce, place two tablespoonfuls of mayonnaise in the center of each plate, turn out the spinach from the mold onto the mayonnaise and serve.

STRAWBERRY WHIP

Mash two cupfuls of cleaned strawberries and rub through a sieve into a cold bowl and mix with the whites of two eggs, two cupfuls of sifted sugar and two teaspoonfuls of granulated gelatine dissolved in four tablespoonfuls of hot water; beat with a wire whip until it will hold its shape and serve very cold in tall stem glasses.

FEBRUARY

FRIDAY

BREAKFAST

Sliced Bananas ‡
 Scrambled Eggs With Chopped Bacon *
 Corn Bread * Honey ‡
 Milk ‡ Coffee *

LUNCHEON

Noodles, Country Style *
 Chicory Salad ‡
 Whole Wheat Muffins *
 Milk ‡ Ewa Pineapple ‡ Tea *

DINNER

Fish Chowder *
 Radishes ‡
 Baked Halibut, Butter Sauce *
 Stewed Celery ‡
 Cottage Fried Potatoes ‡
 Cucumber Salad ‡
 Milk ‡ Bavarian Layer Pie * Coffee *

NOODLES

Parboil three-quarters of a pound of noodles in boiling salted water and drain well. Heat four tablespoonfuls of butter in a saucepan, add one tablespoonful of flour and stir and cook until they start to color, then stir in slowly two and a half cupfuls of milk and stir and boil for ten minutes. Add the cooked noodles to the sauce with three tablespoonfuls of grated cheese and set where it will simmer slowly until the noodles have absorbed the milk. Turn into a baking dish, stir in three tablespoonfuls of grated Parmesan cheese and three tablespoonfuls of butter, cover with grated bread crumbs and brown in the oven.

EWA PINEAPPLE

Mix in a cold bowl one large can of grated pineapple, one peeled and diced tomato, six steamed and diced dry figs and one cupful of broken walnut meats; sprinkle well with powdered sugar and set on the ice for three hours. Drain well, pile in stem glasses, cover with maraschino syrup and garnish with a whole maraschino cherry.

BAKED HALIBUT

Cover the bottom of a baking pan with six thin slices of salt pork cut in two and a half-inch squares; wipe a three-pound piece of halibut with a damp cloth and lay on the salt pork. Mix to a cream three tablespoonfuls of butter and three tablespoonfuls of flour and spread over the halibut; cover with one cupful of buttered cracker crumbs and cover the crumbs with six thin slices of salt pork. Cover the pan with buttered paper and bake in a moderate oven thirty-five minutes, remove the paper and bake fifteen minutes. Lift out carefully onto a hot platter, garnish with thin slices of lemon, and sprinkle with finely chopped parsley. Serve with butter sauce.

BUTTER SAUCE

Melt four tablespoonfuls of butter in a saucepan, add four tablespoonfuls of flour and when well blended stir in gradually two cupfuls of hot water and bring to a boil; add four tablespoonfuls of butter broken in small bits, two tablespoonfuls of lemon juice, three-quarters of a teaspoonful of salt and one-quarter of a teaspoonful of pepper; stir until smooth and serve.

BAVARIAN LAYER PIE

Beat six tablespoonfuls of butter to a cream and beat into it slowly one cupful of sifted granulated sugar and beat until light and creamy; beat in two well-beaten eggs and beat three minutes. Sift one and three-quarters cupfuls of sifted flour with a few grains of salt and two and a half level teaspoonfuls of baking powder; add the flour to the first mixture, alternately, with one-third of a cupful of water and the grated rind of half a lemon and beat three minutes. Bake in three thin layers, cool, spread between the layers one and a half cupfuls of stiff whipped cream mixed with one cupful of crushed strawberries and one-third of a cupful of sifted powdered sugar. Sprinkle the top with powdered sugar and decorate with whole strawberries dipped in sugar.

FEBRUARY

SATURDAY

BREAKFAST

Baked Apple ‡
Eggs Bonne Femme *
Hot Rolls * Jelly ‡
Milk ‡ Coffee *

LUNCHEON

Veal Chili Con Carne *
Hot Corn Bread *
Sliced Oranges with Coconut ‡
Nougat Cake *
Milk ‡ Tea *

DINNER

Consomme with Tomatoes ‡
Ripe Olives ‡
Breaded Pork Chops *
Succotash ‡
Browned Sweet Potatoes ‡
Celery and Nut Salad ‡
Mock Mince Pie * ‡
Cheese ‡
Milk ‡ Coffee *

VEAL CHILI

Cut one pound of cooked veal into half-inch dice and remove all skin, fat and gristle. Melt over a slow fire three tablespoonfuls of butter, add one thinly chopped onion and cook until the onion is clear; stir in three tablespoonfuls of flour, work smooth and add slowly one and a half cupfuls of meat stock, one cupful of tomato puree, one tablespoonful of chili powder and half a teaspoonful of salt; stir and cook until the mixture boils and the onion is tender, add the veal, skim off the fat and serve in a border of cooked red beans or steamed rice.

NOUGAT CAKE

Bake two layers of sponge cake, cook and spread between the layers and over the top and sides a nougat filling made by boiling, without stirring, one cupful of sugar, four tablespoonfuls of white corn syrup, and half a cupful of water; boil until a little will form a hard ball when dropped in cold water. Pour slowly into the stiffly beaten white of one egg and beat until it starts to stiffen; add one-third of a cup of chopped nut meats, beat until cool and thick, add one teaspoonful of vanilla extract and spread on the cake.

PORK CHOPS

Have the butcher cut the required number of rib pork chops about half an inch thick, remove the extra fat, season with salt and pepper, dip in flour and place in a hot frying pan. Cook, turning often, until a nice golden brown; reduce the heat and cook until the centers are done. Cover the bottom of a hot platter with thickened tomato sauce, lay on the cooked pork chops and garnish the dish with browned sweet potatoes.

CELERY AND NUT SALAD

Mix in a cold bowl one and a half cupfuls of peeled, cored and diced pineapple with one cupful and a half of chopped celery, one cupful of nut meats broken in coarse pieces, one chopped green pepper, one chopped pimiento and one cupful of cooked salad dressing. Serve on lettuce-covered plates.

MOCK MINCE PIE

Peel, core and chop fine about eight tart apples and mix them with one cupful of seedless raisins, half a cupful of chopped seeded raisins, half a cupful of currants, four tablespoonfuls of chopped candied orange peel, half a teaspoonful each of cinnamon, cloves, mace and allspice, one-quarter of a teaspoonful of salt, one-quarter of a teaspoonful of nutmeg, three tablespoonfuls of cider and the grated rind and juice of one lemon. Pour the mixture into a pastry lined pie tin, cover with strips of pastry and bake in a moderate oven.

FEBRUARY

SUNDAY

BREAKFAST

Grapefruit ‡
 Brown Bread *
 Boston Baked Beans ‡
 Milk ‡ Coffee *

DINNER

Sea Food Cocktail *
 Olives ‡ Celery ‡
 Consomme With Pimientos ‡ *
 Chicken in Cream Sauce *
 Green Peas ‡ Steamed Rice *
 Fruit Salad, Beverly ‡
 Brick Ice Cream, ‡ Chocolate Sauce *
 * Imperials *
 Milk ‡ Coffee *

SUPPER

Hang Town Fry *
 Toasted French Rolls *
 Fruit Gingerbread *
 Cocoa ‡

BOSTON BROWN BREAD

Mix two cupfuls of sifted white corn meal with two cupfuls of yellow corn meal, two cupfuls of whole-wheat flour, and one teaspoonful of salt; mix well, stir in two cupfuls of boiling water and stir well. Mix one cupful of sweet milk with one cupful of molasses and stir in. Mix one teaspoonful of soda with one cupful of sour milk and add. Mix well, pour into buttered baking powder cans or lard pails, fill containers three-quarters full, cover, set in a pan of boiling water and steam three hours. Uncover and bake thirty minutes. Make this the day before using. Nice toasted or for sandwiches.

CHICKEN IN CREAM

Place in a pot large enough to hold a whole fat hen four cups of strained beef stock, one chopped onion, two tablespoonfuls of butter, and six branches of parsley; add one cleaned fat hen, place breast up, cover the pot and bring slowly to a boil and simmer until tender, basting often with the liquor in the pot. Place the chicken in a covered pan and keep warm. Reduce the liquor in the pot one-quarter by boiling fast and strain into a clean saucepan. Bring two cups of cream to a boil and stir into it four tablespoonfuls of butter rubbed smooth with two tablespoonfuls of flour, stir and cook until smooth, add one cupful of the strained chicken liquor and keep hot.

Disjoint the chicken, remove the bones, add to the hot sauce, heat well and serve on a deep dish in a border of cooked rice.

FRUIT SALAD, BEVERLY

Cut half a pound of glaze pineapple in even sized dice, half a cupful of candied apricots, and half a cupful of candied cherries. Cover these with strained orange juice and set one hour in a cold place. Drain the fruit and mix with three-quarters of a cupful of peeled and diced oranges and three quarters of a cupful of peeled and diced grapefruit. Mix lightly with a fruit salad dressing and serve on cold lettuce-covered plates.

HANG TOWN FRY

Drain three cupfuls of California oysters and mix lightly with rolled cracker crumbs. Heat two tablespoonfuls of butter in a large omelet pan, add the oysters and cook until lightly browned; pour into the pan eight eggs slightly beaten with three tablespoonfuls of milk and a seasoning of salt, pepper, and a few grains of cayenne. Stir and cook until the eggs are creamy, let brown lightly on the bottom and fold like an omelet on a hot platter.

FEBRUARY

MONDAY

BREAKFAST

Orange Juice ‡
Poached Eggs on Ham Toast *
Toast * Jam ‡
Milk ‡ Coffee *

LUNCHEON

Lamb Chops and Kidneys *
Lyonnaise Potatoes ‡
Lettuce ‡ Egg Dressing *
Cranberry Pie *
Milk ‡ Tea *

DINNER

Chicory Soup * ‡
Boiled Short Ribs of Beef *
Horseradish Sauce ‡
Brussels Sprouts ‡ Turnips *
Boiled Potatoes ‡
Tomato Salad ‡
Baked Raisin Pudding * ‡
Milk ‡ Coffee *

EGGS ON HAM TOAST

Make two cups of cream sauce and add one and a half cups of chopped boiled ham; pour over slices of buttered toast and cover with poached eggs; allow two slices of toast and two eggs for each portion.

LYONNAISE POTATOES

Peel, cut in quarters lengthwise and cut the quarters in slices crosswise. Heat one tablespoon of olive oil and three tablespoons of butter in a frying pan, add the potatoes and shake over a moderate fire until thoroughly heated through; sprinkle over the finely chopped tender part of a green onion, add a seasoning of pepper and salt and cook until the bottom is a nice brown; turn and cook the other side brown; fold like an omelet in the side of the pan, brown nicely and slip onto a hot plate; sprinkle with finely chopped parsley and serve hot.

CHICORY SOUP

Wash and cut into shreds three heads of chicory. Melt three tablespoons of butter in a two-quart saucepan, add the chicory and heat through without browning. Add six cups of the water that the potatoes were boiled in and a seasoning of salt and paprika. Simmer one hour, take to the side of the stove and stir in the beaten yolk of one egg. Line a soup tureen with squares of toasted and buttered French rolls, pour in the soup and serve.

BAKED RAISIN PUDDING

Beat the yolks of four eggs and beat into them three-quarters of a cup of sugar. Cover three cups of grated bread crumbs with four cups of milk, let stand ten minutes and beat into the egg yolks and sugar; add one cup of seeded raisins, two tablespoons of chopped candied lemon peel, two tablespoons of chopped citron and two tablespoons of chopped candied orange peel; mix well with one-quarter of a teaspoon of salt, pour into a buttered pudding dish and bake two hours in a slow oven. Make a meringue of the four egg whites and two-thirds of a cup of sugar; cover the partly cooled pudding with the meringue and brown in a slow oven.

FEBRUARY

TUESDAY

BREAKFAST

Grapefruit ‡
 Eggs scrambled with Green Peppers *
 Toast * Jam ‡
 Milk ‡ Coffee *

LUNCHEON

Country Sausage, Pomona *
 Mashed Potatoes ‡
 Apple and Nut Salad ‡
 Chocolate Eclair *
 Milk ‡ Tea *

DINNER

Potage Calcutta ‡
 Ripe Olives ‡
 Breaded Breast of Lamb *
 Tomato Sauce ‡
 Lima Beans ‡ Potato Cakes ‡
 Molded Fruit Salad ‡
 Mince Pie *
 Milk ‡ Coffee *

COUNTRY SAUSAGE, POMONA

Cut twelve pieces of bread half an inch longer than the country sausages, half an inch wider and one inch thick; make a groove down the center of each piece, cover with melted butter and brown in the oven. Prick twelve country sausages with darning needle and cook in hot lard. Lay a sausage on each piece of toast and arrange on a hot serving platter. Place in a small saute pan two tablespoonfuls of butter and one finely chopped onion and stir and cook until the onion is a light golden brown, shaking the pan often to keep from burning; add half a cupful of orange juice, four tablespoonfuls of hot water, four tablespoonfuls of tomato sauce, one tablespoonful of Worcestershire sauce, half a chopped clove of garlic, and half a teaspoonful of chopped parsley; boil five minutes and pour over the sausages.

CHOCOLATE ECLAIR

Place in a small saucepan half a cupful of butter and one cupful of boiling water; bring to a boil, remove from the fire and stir in all at once one cupful of sifted flour sifted with a quarter of a level teaspoonful of salt and beat hard for four minutes. Add four eggs, one egg at a time, and beat well after the addition of each egg, about four minutes for each egg. Shake the mixture on a buttered baking sheet in eclairs four inches long and one inch wide four inches apart. Bake in a hot oven thirty minutes.

Place in the top of a double boiler one tablespoonful of sugar mixed with three tablepoons of flour, one quarter of a teaspoonful of salt, and three level tablespoonfuls of ground chocolate; stirring in one cupful of milk and stir and cook until thick and smooth. Add one well-beaten egg and stir and cook one minute. Cool and add one-third of a cupful of butter beaten to a cream, one cupful of powdered sugar, beat until stiff, and add one teaspoonful of vanilla extract.

Cut a slit in the side of each éclair, fill with the chocolate filling and spread over the tops a mixture of three tablespoonfuls of boiling water, three-quarters of a cupful of powdered sugar, one teaspoonful of vanilla and a few grains of salt.

FEBRUARY

WEDNESDAY

BREAKFAST

Sliced Oranges ‡
Fried Corn Meal Mush *
Broiled Bacon *
Maple Syrup ‡

Milk ‡

Coffee *

LUNCHEON

Tongue Cutlets *
Chip Potatoes ‡

Lettuce ‡ French Dressing ‡
Chocolate, Marshmallow Cake ‡ *

Milk ‡

Tea *

DINNER

Cream of Lima Beans ‡
Radishes ‡
Beef Stew with Dumplings *
Pickled Beets ‡
Peach Tarts ‡ *

Milk ‡

Coffee *

FRIED MUSH

Bring four cupfuls of water to a boil and stir into it slowly one and a quarter cupfuls of corn meal and one teaspoonful of salt; stir and cook for five minutes, set in a pan of boiling water and stir and cook two and a half hours. Pack the cooked mush in a buttered bread pan and let stand overnight, cut in thin slices and cook slowly in hot bacon fat until crisp and brown.

TONGUE CUTLETS

Place in a saucepan three tablespoonfuls of butter, heat until bubbling, add one-half a cupful of flour, mix smooth and beat in slowly one cupful of milk, one-third of a teaspoonful of salt, one teaspoonful of onion juice and a little cayenne pepper. Beat until thick and smooth, add two cupfuls of finely chopped cooked tongue and spread on a shallow pan to cool. Shape in six even-sized cutlets, dust with flour, dip in beaten egg and cover with fine bread crumbs; fry in deep hot vegetable shortening, drain, serve with tomato sauce and garnish with branches of parsley.

CHOCOLATE MARSHMALLOW CAKE

Melt four squares of chocolate in a double boiler, add four tablespoonfuls of boiling water and cook until smooth. Beat one-half a cupful of butter to a cream and gradually beat into it one and a half cupfuls of sifted granulated sugar; add the beaten yolks of four eggs and beat three minutes. Sift two cupfuls of sifted flour with three level teaspoonfuls of baking powder, a few grains of salt and half a teaspoonful of cinnamon. Add the flour mixture to the butter mixture alternately with half a cupful of milk and beat until smooth. Add two teaspoonfuls of vanilla extract and the melted chocolate; beat two minutes and add the stiffly beaten whites of four eggs. Bake in buttered and floured layer cake tins in a moderate oven twenty minutes. Cool and spread between the layers and over the top and sides marshmallow frosting.

MARSHMALLOW FROSTING

Melt half a pound of marshmallows in a double boiler. Boil one cupful of sugar with three tablespoonfuls of water until it will spin a thread when a little is dropped from the tip of a spoon and beat in a thin stream into the stiffly beaten white of one egg; add the melted marshmallows and beat until thick enough to spread.

FEBRUARY

THURSDAY

BREAKFAST

Grapefruit ‡
 Poached Eggs on Toast *
 Toast *
 Milk ‡
 Jelly ‡
 Coffee *

LUNCHEON

Ham Roll, Martha *
 Chicory and Orange Salad ‡
 Strawberry Cream Pie ‡ *
 Milk ‡
 Tea *

DINNER

Consomme *
 Olives ‡
 Beef a la Mode *
 Green Peas ‡
 Browned Potatoes ‡
 Tomato Salad ‡
 Creme Brulee ‡ *
 Milk ‡
 Coffee *

HAM ROLL

Sift two cupfuls of sifted flour with five level teaspoonfuls of baking powder and one teaspoonful of salt; rub into them three tablespoonfuls of butter and mix to a smooth dough with a scant cupful of milk. Roll out half an inch thick on a floured board and spread with one and a half cupfuls of finely ground boiled ham; roll like a jelly roll, place in a baking pan, brush with melted butter and bake fifteen minutes in a hot oven. Place on a hot platter, pour over white sauce and serve hot.

WHITE SAUCE

Melt in a saucepan three tablespoonfuls of butter, add three tablespoonfuls of flour and mix well; stir in one and a half cupfuls of milk and stir and cook ten minutes. Season with salt and paprika.

STRAWBERRY PIE

Line a deep pie tin with short pie pastry, fill with dry beans and bake a nice brown; remove the beans, cool, fill with picked, washed and dried strawberries, sprinkle with powdered sugar, spread with whipped cream and dot the top with whole strawberries dipped in powdered sugar.

BEEF A LA MODE

Have the butcher lard a five-pound piece of rump beef with fresh larding pork, season with pepper and salt and place in an earthenware jar, cover with half-mild vinegar and water, add one sliced onion, one sliced carrot, two stalks of celery, two branches of parsley, one blade of mace, six white cloves and six peppercorns; let stand overnight. Heat two tablespoonfuls of butter in a Dutch oven, add the beef and fry a nice brown on all sides, remove the beef and place on a platter, add to the pot two tablespoonfuls of butter and two tablespoonfuls of flour and stir until the flour is brown; pour in the vinegar, water and vegetables used in the earthenware jar, bring to a boil, add the beef and simmer, covered, until the beef is tender. Lay the beef on a hot platter and strain over it the gravy from the Dutch oven. Garnish with browned potatoes and glazed onions.

RUSSIAN DRESSING

Mix in a cold bowl one cupful of mayonnaise, two tablespoonfuls of French dressing, two tablespoonfuls of chili sauce, one tablespoonful of chopped pimientos, one tablespoonful of chopped green olives, one tablespoonful of Worcestershire sauce and a seasoning of salt and paprika.

FEBRUARY

FRIDAY

BREAKFAST

Sliced Pineapple ‡
 Coddled Eggs *
 Corn Muffins * Jam ‡
 Milk ‡ Coffee *

LUNCHEON

Clam Chowder, Toasted Crackers *
 Vegetable Salad ‡
 Cocoanut Cream Puffs ‡ *
 Milk ‡ Tea *

DINNER

Fruit Cocktail ‡
 Olives ‡
 Baked Baby Mackerel, Anchovy Sauce *
 Italian Squash ‡ Chip Potatoes ‡
 Chickory and Tomatoes ‡
 Peach Fritters * Fruit Sauce ‡
 Milk ‡ Coffee *

CORN MUFFINS

Sift two cupfuls of cornmeal with one and a half cupfuls of sifted flour, six level teaspoonfuls of baking powder, two tablespoonfuls of sugar and one teaspoonful of salt; beat into these two well-beaten eggs, two tablespoonfuls of melted butter and one and a half cupfuls of sweet milk; beat smooth, fill buttered muffin tins two-thirds full with the mixture, dot the tops with melted butter and bake in a quick oven fifteen minutes.

COCOANUT CREAM PUFFS

Mix in the top of a double boiler half a cupful of sugar, one-third of a cupful of flour and a few grains of salt; stir in one and three-quarters cups of milk and cook and stir for fifteen minutes; add the beaten yolks of two eggs and one-half a cupful of grated cocoanut and stir and cook two minutes. Remove from the fire and stir in two teaspoonfuls of grated orange rind and one teaspoonful of vanilla. Stir until cold and fill baked cream puff shells with it.

BAKED BABY MACKEREL

Clean six baby mackerel and fill with a stuffing made by mixing one and a half cupfuls of bread crumbs with half a cupful of melted butter, two tablespoonfuls of chopped parsley, half a teaspoonful of marjoram, half a teaspoonful of savory, one teaspoonful of salt and two tablespoonfuls of capers. Lay the filled mackerel on a baking pan, cover with bread-crumbs, dot with butter and bake in a moderate oven twenty-five minutes. Place on a platter and serve with anchovy sauce.

ANCHOVY SAUCE

Mix one cupful of melted butter with one and a half tablespoonfuls of anchovy essence or paste, add one teaspoonful of lemon juice and serve hot in a sauce boat.

PEACH FRITTERS

Stir into four cupfuls of sifted flour one cupful of water, add the stiffly beaten whites of two eggs and two and a half tablespoonfuls of melted butter; beat smooth, dip halves of firm canned or fresh peeled peaches in it and fry a nice brown in deep hot vegetable shortening. Drain on a wire rack, pile on a serving dish, sprinkle with powdered sugar and glaze in a hot oven. Serve with a hot fruit sauce.

FEBRUARY

SATURDAY

BREAKFAST

Baked Pears †
Poached Eggs on Toast *
Scotch Scones *
Marmalade †

Milk †

Coffee *

LUNCHEON

Broiled Lamb Chops *
Green Peas with Mint †
Chicory Salad †
Chocolate Bavarian Cream †

Milk †

Tea *

DINNER

Consomme with Tomatoes * †
Salted Almonds †
Boiled Short Ribs of Beef *
Horseradish Sauce †
Cabbage and Nut Salad †
Graham Nut Cake *

Milk †

Coffee *

SCOTCH SCONES

Sift two cupfuls of sifted flour with one teaspoonful of salt, half a teaspoonful of soda and four and a half level teaspoonfuls of baking powder, rub into this mixture with a fork two tablespoonfuls of lard and work to a soft dough with one cupful of sour cream or buttermilk; add half a cupful of seedless raisins. Divide into six equal pieces in the form of large biscuits, press a knife handle each way across each scone, place on a greased baking sheet, brush with an egg yolk beaten with water and bake twenty minutes in a moderate oven.

CHOCOLATE BAVARIAN CREAM

Scald one cupful of milk and then a cupful of cream and remove from the fire. Soak one and a half tablespoonfuls of granulated gelatine in one-third of a cupful of cold water for twenty minutes. Place in a saucepan the yolks of three eggs and work into them a scant cupful of sugar mixed with four tablespoonfuls of ground unsweetened chocolate; when well mixed stir in slowly the scalded milk and cream; place over hot water and stir constantly with a wooden spoon until it starts to thicken; add the gelatin, stir until thoroughly dissolved, add a teaspoonful of vanilla and strain into a bowl. When cooled set the bowl in a pan of broken ice and beat until it starts to thicken; fold in over and over, one and a half cupfuls of chilled cream beaten to a dry froth. Place in a mold and set in the icebox for two hours.

BOUILLON POTATOES

Boil even-sized peeled potatoes cut into quarters in the bouillon that the short ribs of beef was cooked in, sprinkle with chopped parsley and serve on the same dish with the meat.

CABBAGE AND NUT SALAD

Mix two cupfuls of finely shredded cabbage with one cupful of chopped celery, one cupful of broken almond meats, two tablespoonfuls of chopped red peppers and half a cupful of French dressing. Serve on lettuce-covered plates and garnish with ripe olives.

GRAHAM NUT CAKE

Run through the fine knife of the meat chopper one and three-quarter cupfuls of fine Graham cracker crumbs mixed with one teaspoonful of baking powder. Beat the yolks of five eggs until thick and lemon colored and beat into them one and a half cupfuls of sifted sugar; beat until light and creamy; continue beating while adding slowly the cracker mixture. Beat the whites of five eggs to a stiff froth with one-quarter of a level teaspoonful of salt, and fold into the first mixture. Bake in two buttered and floured layer-cake tins in a moderate oven twenty minutes. Remove from the pans and cook on a wire cake rack. Spread marshmallow filling between the layers, on the sides and top. Decorate with halves of walnut meats.

FEBRUARY

SUNDAY

BREAKFAST

Fresh Strawberries †
Eggs Myown *
Toasted Muffins * Marmalade †
Milk † Coffee *

DINNER

Oyster Cocktail *
Celery †
Chicken Pot Pie *
Asparagus on Toast * † Baked Potatoes †
Lettuce, Thousand Island Dressing † *
Ice Cream † Fig Nut Sauce †
Orange Wafers *
Milk † Coffee *

SUPPER

Cheese Walnut Salad †
Watercress Sandwiches † *
Fudge Cake *
Cider Cup †

EGGS MYOWN

Cut two, two and a half-inch slices of toast for each person to be served, butter and keep hot. For six servings melt four tablespoonfuls of butter in a saucepan, stir in three tablespoonfuls of flour, stir until smooth, do not brown, and beat in two cupfuls of milk and beat and cook until smooth, about ten minutes; beat the yolks of three eggs with two tablespoonfuls of the hot sauce and add to the sauce, stir and cook one minute, do not boil; add four tablespoonfuls of minced boiled ham and one tablespoonful of butter broken in small pieces. Place two poached eggs on two pieces of toast for each serving, pour over the sauce, dust with paprika and finely chopped parsley and serve.

THOUSAND ISLAND DRESSING

Mix in a cold bowl rubbed with a clove of crushed garlic six tablespoonfuls of mayonnaise, three tablespoonfuls of tomato catsup, three tablespoonfuls of whipped cream, one tablespoonful of very finely chopped white celery, one tablespoonful of chopped pimienta and one tablespoonful of chopped green pepper.

FIG NUT SAUCE

Place in a saucepan two cupfuls of sugar and one and a half cupfuls of water, bring to a boil, skim and cook slowly, stirring often, until clear; add half a pound of finely chopped figs and one tablespoonful of grated orange rind; cook until the figs are soft; cool and stir in half a pound of broken walnut meats.

CHEESE WALNUT SALAD

Cream two tablespoonfuls of butter, add two Neuchatel cheeses and work to a smooth paste, add a seasoning of salt and paprika, divide into even pieces the size of a walnut, roll round, press two halves of walnuts on each piece, lay on shredded lettuce covered plates, set in the ice box and just before serving cover with French dressing. Serve with toasted French bread.

FUDGE CAKE

Place in a double boiler half a cupful of grated chocolate, melt and add two tablespoonfuls of granulated sugar and one tablespoonful of butter. Sift one cupful of sifted flour with one cupful of sugar and two teaspoonfuls of baking powder, mix to a smooth batter with one well-beaten egg and one scant cupful of milk; beat well, add the chocolate mixture and beat in one teaspoonful of vanilla; pour into a buttered and floured square cake tin and bake in a moderate oven. Cool, cover with fudge cake frosting and cut in squares for serving.

FUDGE CAKE FROSTING

Place in a saucepan two squares of grated chocolate, one and three-quarters cupfuls of sugar, three-quarters of a cupful of milk and one tablespoonful of butter; cook until it will form a soft ball when a little is dropped in cold water; remove from the fire, add one teaspoonful of vanilla and beat until cool enough to spread.

FEBRUARY

MONDAY

BREAKFAST

Grapefruit ‡
 Poached Eggs on Toast *
 Whole-wheat Muffins *
 Milk ‡
 Marmalade ‡
 Coffee *

LUNCHEON

Cheese Souffle ‡
 Hot Rolls *
 Apple Tart ‡ *
 Milk ‡
 Coffee *

DINNER

Consomme with Rice *
 Young Onions ‡
 Baked Ham *
 Cauliflower ‡
 Orange Sauce ‡
 Browned Sweet Potatoes ‡
 Apple and Celery Salad ‡
 Jellied Snow Pudding *
 Chocolate Cake *
 Milk ‡
 Coffee *

CHEESE SOUFFLE

For six portions melt in a small saucepan four and a half tablespoons of butter and beat into it with a wire egg beater five tablespoons of sifted flour, mixed with a few grains of cayenne pepper; beat until smooth and beat in gradually a scant cup of scalded milk and one-quarter of a teaspoon of salt; beat and cook until thick and smooth. Place over hot water, add half a cup of grated Edam cheese and half a cup of grated Parmesan cheese, beat and cook for one minute. Remove from the fire and beat in the lightly beaten yolks of five eggs and beat until cool. Half an hour before serving beat the mixture well, carefully fold in the stiffly beaten whites of five eggs, pour into a buttered souffle dish and bake in a moderate oven thirty minutes. Serve as soon as removed from the oven.

APPLE TART

Line a flour-dusted pie tin with a good rich pie pastry and fill with circular overlapping rows of peeled and thinly sliced apples, working them toward the center to make a thick layer. Sprinkle over six tablespoons of sugar mixed with one teaspoon of cinnamon, dot with bits of butter and bake thirty-five minutes in a moderately hot oven. Serve hot or cold.

ORANGE SAUCE

Cut the thin skin of two oranges in small even-sized dice, cover with water; simmer for five minutes and drain; place in a saucepan two tablespoons of butter, melt, add two tablespoons of flour and stir and cook until a nice light brown; beat in one cup of gravy from the ham, the strained juice of one orange, and one tablespoon of lemon juice; simmer slowly until the sauce will coat a spoon; add the meat of one orange cut in small dice and the orange skin, heat and serve.

APPLE AND CELERY SALAD

Mix six cups of peeled and sliced apples with one and a half cups of peeled and diced white celery, one cup of diced pineapple, half a cup of broken walnut meats and three-quarters of a cup of mayonnaise dressing. Mound the mixture on lettuce-covered plates and garnish with strips of pimento.

SNOW PUDDING

Soak two tablespoons of granulated gelatine in half a cup of cold water for twenty minutes. Boil two cups of water with one cup of sugar until clear. Remove from the fire, stir in the gelatine, stir until dissolved, add the strained juice and grated rind of two lemons and let stand until nearly cold; strain into a bowl and when nearly set place in a bowl of ice water and beat until frothy; continue beating and beat the whites of two eggs to a stiff froth. Pour into six wet, chilled glasses and let stand in a cold place one hour. Serve with a cream custard sauce or whipped cream.

FEBRUARY

TUESDAY

BREAKFAST

Baked Apple ‡
Poached Eggs on Toast *
Muffins * Jam ‡
Milk ‡ Coffee *

LUNCHEON

Chicago Club Sandwich ‡ *
Fruit Salad ‡
Milk ‡ Honey Gingerbread * Tea *

DINNER

Puree of Navy Beans ‡
Stuffed Mangoes ‡
Boiled Beef, Horseradish Sauce *
Creamed Celery ‡ Boiled Potatoes ‡
Milk ‡ Endive Salad ‡
Peach Melba ‡ Coffee *

MUFFINS

Sift three cups of sifted flour with six level teaspoons of baking powder, one level teaspoon of salt, and two tablespoons of sugar, beat to a smooth batter with one and a half cups of milk, one beaten egg, and two tablespoons of melted butter. Place in well-buttered muffin pans and bake in hot oven twenty minutes.

CHICAGO CLUB SANDWICH

Remove the crusts from half slices of toast and cut the slices in triangle shapes. Cover a slice of toast with a crisp dry lettuce leaf, spread the lettuce with tartar sauce, cover with a thin slice of broiled baked ham, cover ham with a lettuce leaf, spread over tartar sauce, and cover with a slice of toast, and cover with slices of cucumber marinated in French dressing.

SAUCE TARTARE

Mix in a cold bowl half a teaspoon of dry mustard, half a teaspoon of salt, one tablespoon of powdered sugar, and a few grains of cayenne pepper; add the yolks of two eggs and mix smooth; add a few drops at a time, as in making mayonnaise, half a cup of olive oil and as the mixture thickens add a little mild vinegar, using in all one and a half tablespoons. Keep in a cool place until ready to serve, then add half a teaspoon each of finely chopped small pickles, olives and parsley.

HONEY GINGERBREAD

Blend well one tablespoon of melted butter and one cup of honey. Beat the yolk of one egg with half a cup of buttermilk and three-quarters of a teaspoon of soda; combine mixture and beat into the two cups of sifted flour, sifted with half a teaspoon of cinnamon, one teaspoon of ginger, and half a teaspoon of mace; mix well, add the stiffly beaten white of one egg and bake a nice brown in a layer-cake tin.

PUREE OF NAVY BEANS

Soak one cup of navy beans overnight; drain, place in a saucepan with six cups of ham stock, bring to a boil, reduce the heat and simmer until the beans are soft; rub all through a sieve, reheat, season with paprika and mace and serve with croutons.

HORSERADISH SAUCE

Place in a saute pan two tablespoons of butter and four tablespoons of finely chopped onion; fry until the onion is brown; add two tablespoons of sifted flour, blend well, add four tablespoons of grated horseradish and gradually stir in one cup of the stock from the boiled beef; stir until smooth and add two tablespoons of vinegar, one quarter of teaspoon of ground cloves, one tablespoon of sugar, and a seasoning of salt and cayenne pepper.

PEACH MELBA

Just before serving pile vanilla ice cream in individual ice cream dishes, on the ice cream lay, round side up, a perfect half of a preserved peach; cover the peach with chilled raspberry jelly beaten with a few drops of orange juice and cover all with chilled raspberry preserves; sprinkle over finely chopped toasted almonds and serve.

FEBRUARY

WEDNESDAY

BREAKFAST

Grapefruit ‡
 Creamed Chipped Beef * With Poached Egg *
 Toast * Jam ‡
 Milk ‡ Coffee *

LUNCHEON

Macaroni Mexican *
 Cheese and Pepper Salad ‡
 Hawaiian Dainty ‡
 Milk ‡ Tea *

DINNER

Potato Chowder ‡
 Ripe Olives ‡
 Baked Rack of Lamb, Mint Sauce *
 Lima Beans ‡ Mashed Potatoes ‡
 Salsify Salad ‡
 Fig Pudding ‡
 Milk ‡ Coffee *

MACARONI MEXICAN

Boil a small package of macaroni in boiling salted water until tender, drain and pour cold water through it. Place in saucepan three tablespoons of olive oil, one crushed clove of garlic, and finely chopped onion; cook until the onion is soft and clear, add one cup of chopped round steak, cook three minutes, add two cups of peeled and chopped tomatoes, one tablespoon of Spanish seasoning, half a teaspoon of salt, and one tablespoon of finely chopped parsley; simmer fifteen minutes and mix with the cooked macaroni; place in a baking dish, sprinkle with grated cheese and bake until the cheese is melted. Serve in the same dish.

HAWAIIAN DAINTY

Mix, just before serving, one cup of cold, boiled rice, one cup of shredded pineapple, two-thirds of a cup of powdered sugar, the grated rind of half a lemon, the grated rind of one orange, and one cup of stiffly whipped cream. Pile in tall stem glasses, sprinkle with grated cocoanut and serve very cold.

POTATO CHOWDER

Place in a saucepan two cups of peeled and sliced potatoes, two and a half cups of boiling water, one teaspoon of salt, and half an onion cut in thin slices. Cook until the potatoes are tender then rub two-thirds of them through a collander; add the remainder of the potatoes, two cups of hot milk, and three tablespoons of butter; reheat, sprinkle in a little chopped parsley and serve with croutons.

RACK OF LAMB

Place a rack of lamb in a baking pan, the bottom of which has been covered with one sliced carrot, one stalk of celery; and half a chopped onion; rub the meat with a clove of crushed garlic and salt and pepper; sprinkle with sifted flour and bake in a hot oven; when the flour is nicely browned baste with half a cup of butter melted in one cup of boiling water and baste every fifteen minutes until done. Place the rack on a hot platter, add one tablespoon of flour to the pan, stir until brown and strain the gravy into a boat.

SALSIFY SALAD

Scrape six roots of salsify and boil until tender in salted water; cut in inch lengths and mix with them, while hot, two tablespoon of butter; cool, place on plates covered with shredded lettuce and pour over a good French dressing.

FEBRUARY

THURSDAY

BREAKFAST

Stewed Prunes *
 Ham and Eggs, Country Style *
 Toast * Jelly †
 Milk † Coffee *

LUNCHEON

Deviled Meat Balls *
 Hearts of Lettuce †
 French Dressing †
 Napkin Rolls *
 Rice Custard *
 Milk † Tea *

DINNER

Puree of Celery and Tomatoes †
 Ripe Olives †
 Lamb Pot Pie *
 Cress and Lettuce Salad †
 Orange San Emidio †
 Oaten Drop Cakes *
 Milk † Coffee *

HAM AND EGGS COUNTRY

Fry the required number of slices of ham in a hot frying pan, when the ham is cooked break over it two eggs for each person to be served; cook until the eggs are set; slide the ham and eggs onto a hot platter and pour over them the fat in the pan.

DEVILED MEAT BALLS

Chop enough cooked beef to fill three cupfuls and add to it one cupful of bread crumbs, half a teaspoonful salt, one-quarter of a teaspoonful paprika, one tablespoonful melted butter, two teaspoonfuls of finely chopped parsley, and one well beaten egg; mix well and form into six even flat round cakes. Mix one tablespoonful of dry mustard with three tablespoonfuls of flour, half a teaspoonful of salt, a few grains of cayenne pepper, two teaspoonfuls of vinegar, one teaspoonful of olive oil and two beaten eggs; thoroughly cover the meat cakes with the batter and fry a nice brown in hot butter. Pour the remaining batter into a small saucepan, add one tablespoonful of butter, one cupful of hot milk or meat stock and heat and pour over the cooked meat balls which have been placed on a hot platter.

CELERY AND TOMATO PUREE

Chop fine one bunch of well-washed celery, place in a saucepan, add one and a half cupfuls of beef stock and one and a half cupfuls of cold water; bring slowly to a boil, add one and a half teaspoonfuls of salt and simmer one hour. Fry in a saucepan three tablespoonfuls of finely chopped salt pork, add one sliced onion, one scraped and sliced carrot, one mashed clove of garlic, half a bay leaf, one-quarter of a teaspoonful of mace, two teaspoonfuls of chopped parsley, and half a teaspoonful of black pepper; stir and cook ten minutes; add two cupfuls of cooked tomatoes, the celery mixture, and one and a half tablespoonfuls of butter rubbed to a smooth paste with three tablespoonfuls of flour, and a seasoning of salt and pepper; cover and simmer for one and half hours; rub through a sieve, reheat, add one and a half tablespoonfuls of butter and serve with croutons and grated cheese.

ORANGES SAN EMIDIO

Cut three oranges in halves and carefully remove the pulp so as to leave the skins in perfect cups. Soak half a package of granulated gelatine in half a cupful of cold water, add half a cupful of boiling water and stir until dissolved. Add to the dissolved gelatine one cupful of sugar, the juice of half a lemon, and two cupfuls of strained orange juice; strain into a bowl, add six tablespoonfuls of chopped blanched almonds, six tablespoonfuls of seedless raisins and four tablespoonfuls of chopped red cherries. Let stand until firm, break in small pieces with a fork and fill the orange cups with the mixture; cover the filled orange cups with a stiff meringue and brown lightly in a hot oven.

FEBRUARY

FRIDAY

BREAKFAST

Sliced Pineapple †

French Toast *

Milk †

Jelly †

Coffee *

LUNCHEON

Artichoke Fritters † *

Fruit Salad †

French Rolls *

Milk †

Chocolate Pie † *

Tea *

DINNER

Cream of Green Peas †

Small Olives †

Baked Oyster Pie *

Cold Slaw †

Sand Torte † *

FRENCH TOAST

Cut six slices of stale bread one-third of an inch thick and toast a nice golden brown. Beat three eggs in a bowl and add gradually a pinch of salt, two cups of milk and teaspoon of sugar. Strain into a large shallow pan and lay in the slices of toast, which should float on top. Let stand ten minutes, turning over once. Heat three level tablespoons of butter in a large omelet pan, lay in the soaked toast carefully and cook until a golden brown on the bottom, pour the remaining milk mixture slowly over the toast; turn the toast and cook a nice brown. Place on a hot platter, sprinkle with a few drops of lemon juice and place a thin slice of tart jelly on each piece. Sprinkle with powdered sugar and serve with slices of lemon.

ARTICHOKE FRITTERS

Remove the tough outside leaves from ten young artichokes, cut off the ends of the remaining leaves, take out the chokes, cut each artichoke in six slices lengthwise and cover with cold water to which has been added two tablespoons of lemon juice. In the morning, at least three hours before the artichokes are to be cooked, make a batter by mixing the yolk of one egg with one tablespoon of olive oil, two tablespoons of sifted flour and two tablespoons of milk, mix well. Drain the artichokes, add the stiffly beaten whites of two eggs to the batter with a seasoning of salt and pepper; dip in the pieces of artichoke and fry a nice brown in hot olive oil; drain, place on a folded napkin and garnish with lemon slices and branches of parsley.

FRUIT SALAD

Cut six halves of canned pears in dice and mix with half a cup of diced seeded dates, one cup of peeled and diced orange, half a cup of seedless raisins, half a cup blanched and chopped almonds and one-half a cup of lemon French dressing. Serve on cold lettuce covered plates.

BAKED OYSTER PIE

Line an earthenware or glass baking dish with a short biscuit dough and sift over the bottom and sides some dry flour; drain the liquor from four cups of California oysters, season with salt, paprika, and two tablespoons of melted butter; place the oysters in the dough-covered dish, add one cup of milk, cover with the biscuit dough, make a small hole in the center, brush with beaten egg and milk and bake in a quick oven.

SAND TORTE

Melt one cup of butter, skim carefully and let stand in cold place until solid; place the butter in a bowl and beat to a cream and gradually beat in three-quarters of a cup of sifted sugar and beat hard until light; add the yolks of two eggs and beat five minutes; add two tablespoons of blanched and ground almonds, the grated rind and juice of one lemon and five-sixths of a cup of cornstarch sifted with two tablespoons of flour; beat five minutes and fold in the stiffly beaten whites of three eggs. Butter a deep cake tin and cover the bottom and sides with cake crumbs, pour in the cake batter and bake in a moderate oven thirty-five minutes. Cool on a wire cake rack and when cold cover with boiled icing.

FEBRUARY

SATURDAY

BREAKFAST

Sliced Figs and Cream †

Coddled Eggs *

Toast *

Milk †

Jelly †

Coffee *

LUNCHEON

Santa Monica Salad * †

Banana Shortcake * †

Milk †

Tea *

DINNER

Cheese Bisque †

Pickles †

Stuffed Pork Tenderloin *

Fried Apple Rings †

Mashed Sweet Potatoes †

Royal Salad †

Raisin Pie † *

Milk †

Coffee *

SANTA MONICA SALAD

Mix two cupfuls of shredded cooked fish or canned tuna with two cupfuls of peeled and diced cucumbers, one chopped pimienta, three diced hard-boiled eggs, two teaspoonfuls of salt, one cupful of peeled and diced celery, half a teaspoonful of paprika, and one and a quarter cupfuls of lemon French dressing. Let stand ten minutes, and drain and mound on lettuce-covered plates, mask with mayonnaise, sprinkle with chopped parsley and pimientos and garnish with ripe olives.

BANANA SHORTCAKE

Sift three cupfuls of sifted flour with six level teaspoonfuls of baking powder, one teaspoonful of salt and one tablespoonful of sugar. Rub into these four tablespoonfuls of butter and when like coarse meal work to a smooth dough with one and a half cupfuls of milk. Knead lightly, divide into even-sized pieces, place in two buttered layer cake tins, pat out smooth, brush with melted butter, and bake in quick oven. Cover one layer with peeled and sliced bananas, sprinkle with sugar, cover with the other layer, cover this layer with creamed butter and sliced bananas, sprinkle with sugar and serve with pineapple custard sauce.

PINEAPPLE CUSTARD SAUCE

Place in a saucepan one and a half cupfuls of canned grated pineapple, two-thirds of a cupful of water, two-thirds of a cupful of sugar, and three tablespoonfuls of cornstarch rubbed to a paste with six tablespoonfuls of cold water. Stir and cook ten minutes, remove from the fire and stir in two tablespoonfuls of butter broken in small bits and three tablespoonfuls of lemon juice.

PORK TENDERLOINS

Split three good-sized pork tenderloins the long way, but do not cut all the way through. Spread with a dressing made by mixing two cupfuls of bread crumbs with four tablespoonfuls of melted butter, half a teaspoonful of salt, two tablespoonfuls of hot water, one teaspoonful of poultry spice, and two teaspoonfuls of finely chopped parsley. Fold into shape, tie with a string, lay in an oiled baking pan and bake in a moderate oven. Dish on a hot platter and garnish with fried apple rings.

ROYAL SALAD

Place half a head of washed and dried romaine lettuce on a salad plate, cover with two slices of peeled and chilled tomatoes, cover the tomato with sprigs of chilled watercress, and sprinkle over all match-shaped pieces of tender white celery. Cover with French dressing and serve very cold.

RAISIN PIE

Place in a saucepan one and a half cupfuls of boiling water and one and a half cupfuls of seeded raisins and cook until the raisins are tender. Stir in one tablespoonful of flour mixed with half a cupful of sugar and cook three minutes. Remove from the fire, cool, stir in half a cupful of broken walnut meats and the grated rind and juice of half a lemon. Pour into a pastry-lined pie tin, cover with pastry, cut a vent in the top and bake in a moderate oven.

FEBRUARY

SUNDAY

BREAKFAST

Grapefruit ‡
 Creamed Finnan Haddie on Toast *
 Waffles * Honey ‡
 Milk ‡ Coffee *

DINNER

Crab Flake Cocktail *
 Celery ‡
 Chicken Fricassee *
 Green Peas ‡
 Mashed Sweet Potatoes ‡
 Frou-Frou Salad ‡ *
 Ice Cream, Fudge Sauce ‡
 Milk ‡ Coffee *

SUPPER

Cold Beef Tongue *
 Potato Salad ‡
 Baked Apple ‡ Cream Sauce ‡
 Doughnuts *
 Chocolate ‡ Coffee *

CHICKEN FRICASSEE

Remove the fat, wings, legs and neck from a cleaned chicken; split the body, cut in halves and cut the halves in two. Cover the bottom of a kettle with the sliced root of a head of celery, three branches of parsley, one small sliced onion, and the chicken fat. Mix one teaspoon of salt with one-quarter of a teaspoon of pepper and one-quarter of a teaspoon of ginger and dust the pieces of chicken with it. Lay the pieces of chicken on the vegetables and fat, the breast pieces first, cover the pot and place over a slow fire, add a little hot water when necessary, and let simmer slowly until the chicken is tender. Rub two teaspoons of flour to a smooth paste with two teaspoons of water and stir into the stew, shake the kettle to keep from burning and let boil up once. Pour onto a hot serving platter and garnish with finely chopped parsley, and, if liked, small tea biscuits.

FROU-FROU SALAD

Cover cold salad plates with equal parts of shredded chicory and white lettuce hearts, cover these with equal parts of white tender celery and boiled beets cut in match-shaped strips and chopped hard-boiled egg whites. Pour over all a good French dressing.

FUDGE SAUCE

Place in a saucepan one and a half cups of light brown sugar, two squares of grated unsweetened chocolate, one cup of milk and one tablespoon of butter; bring to a boil and boil until a little will form a soft ball when dropped in cold water. Add one teaspoon of vanilla and half a teaspoon of lemon extract and pour while hot over slices of brick ice cream.

POTATO SALAD

Mix in a bowl rubbed with a clove of garlic four cups of sliced, cold, boiled potatoes and one cup of sliced pickled cucumbers. Heat two tablespoons of butter in a small saucepan and mix into it one tablespoon of French mustard, two teaspoons of celery salt, one teaspoonful of sugar, half a teaspoon of salt and four tablespoons of vinegar; heat and pour while hot over the potatoes, mix lightly and chill thoroughly before serving. Serve on lettuce-covered plates and garnish with radish slices and ripe olives.

DOUGHNUTS

Sift two cups of sifted flour with two teaspoons of baking powder, a scant level teaspoon of salt, half a cup of sugar and half a teaspoon of cinnamon. Rub into the flour mixture one tablespoon of butter and when like coarse meal, make well in the center, turn in one well beaten egg and half a cup of milk. Mix to a smooth, dough, roll out lightly half an inch thick, shape with a doughnut cutter and fry in deep, hot vegetable shortening, drain on a wire rack and when cold sprinkle with fine sugar.

FEBRUARY

MONDAY

BREAKFAST

Sliced Oranges and Coconut ‡
 Scrambled Eggs with Bacon *
 Hot Rolls * Jam ‡
 Milk ‡ Coffee *

LUNCHEON

Ham Croquettes * with Creamed Peas ‡
 Orange and Lettuce Salad ‡
 Florentines ‡ *
 Milk ‡ Tea *

DINNER

Shrimp Cocktail *
 Celery ‡
 Lamb Hash with Green Peppers *
 Spinach with Egg *
 Lyonnaise Potatoes ‡
 Endive and Cress Salad ‡
 Raisin Pie * with Whipped Cream ‡
 Milk ‡ Coffee *

HAM CROQUETTES

Drain the liquor from one can of French mushroom pieces and stems and press them dry. Chop fine one pound of lean cooked ham. Heat in a saucepan two tablespoons of butter, add one dozen finely chopped shallots and cook for five minutes; add two level tablespoons of sifted flour, heat and add one cup of stock or milk, bring to a boil and cook one minute; add the ham and the mushroom pieces and stems chopped fine and cook ten minutes. Stir in the lightly beaten yolks of two eggs, one teaspoon of chopped parsley, and a seasoning of cayenne pepper. Remove from the fire and work in gradually three tablespoons of butter. Place the mixture on a cold platter and when thoroughly chilled roll into twelve even-sized croquettes. Roll these in sifted flour, then in beaten egg, and then in sifted bread crumbs; fry in deep hot fat until a light brown; remove from the fat, drain and arrange on a serving platter covered with creamed green peas.

FLORENTINES

Sift two cups of sifted flour with a quarter of a teaspoon of salt and rub into it half a cup of butter; make to a smooth paste with one or two tablespoons of cream; roll out, fold in three and set in the ice box until cold. Roll out, cut in diamond shapes, place on a baking sheet, prick with a fork and bake in a hot oven. Cover with a stiff fruit jam and cover the jam with a stiff meringue made with the stiffly beaten whites of three eggs and seven tablespoons of sugar, flavor with almond extract, sprinkle with chopped blanched almonds and brown in a slow oven. Serve cold.

RAISIN PIE

Mix two cups of seeded raisins with one and a half cups of water and two-thirds of a teaspoon of salt; place in a saucepan, add two-thirds of a cup of sugar and simmer for fifteen minutes; add four teaspoons of cornstarch mixed with three tablespoons of cold water, one tablespoon of grated lemon rind and two tablespoons of strained lemon juice. Pour the mixture into a pastry-lined pie tin, cover with pastry and bake in a medium oven thirty-five minutes.

FEBRUARY

TUESDAY

BREAKFAST

Stewed Figs †
 Shirred Eggs, Hawaiian *
 Toasted Raisin Bread *

Milk †

Coffee *

LUNCHEON

Ravioli Tuscan * †
 Garden Salad †
 Bran Muffins *
 Iced Cherries †

Milk †

Tea *

DINNER

Fruit Cocktail †
 Celery †
 Paprika Schnitzel *
 Creamed Cucumbers †
 Farina Dumplings *
 Romaine Lettuce †
 Mab's Pudding *

Milk †

Coffee*

EGGS, HAWAIIAN

Cover the bottom of buttered shirred egg dishes with thinly sliced bananas and heat; add two raw eggs to each dish, season with salt and paprika and place in the oven until set.

RAVIOLI TUSCAN

Boil half a pound of noodles in boiling salted water until tender, drain and keep warm. Rub two cups of dry cottage cheese through a collander and mix one cup of finely chopped well drained boiled spinach, two and a half tablespoonfuls of grated Parmesan cheese and one beaten egg and one egg yolk; mix well, season with salt; roll in balls the size of a walnut, drop five or six at a time into boiling salted water; when they float drain out, place on a platter covered with the cooked and buttered noodles, dot with bits of butter and sprinkle with grated cheese. Serve hot.

BRAN MUFFINS

Sift two and a half cups of sifted flour with one half a teaspoon of salt, one tablespoon of sugar, one quarter of a teaspoon of ground mace and six level teaspoons of baking powder; add one and a half cups of clean bran, two well beaten eggs, two tablespoons of melted butter and one and a half cups of milk; beat well, fill muffin tins two-thirds full with mixture, brush with melted butter and bake twenty-five minutes in a hot oven. Two thirds of a cup of seedless raisins make a nice addition to these muffins.

PAPRIKA SCHNITZEL

Place in a saute pan one cup of finely chopped salt pork and one thinly sliced onion; stir and cook until the onion is golden brown. Cut six slices of veal from the leg half an inch thick, two and a half inches wide and about six inches long, and roll in sifted flour seasoned with salt and pepper; lay in the hot fat, cook a nice brown on both sides, add one and a half cups of thick cream mixed with one teaspoon of paprika and simmer until tender.

MAB'S PUDDING

Split half a pound of lady fingers in halves, place in the top of a double boiler three quarters of a cup of butter and three quarters of a cup of sugar; stir until well mixed; stir in slowly the beaten yolks of four eggs and four squares of grated chocolates, stir and cook twenty minutes, do not stop stirring and do not boil, remove from the fire, add one teaspoon of vanilla and the beaten whites of four eggs. Place a layer of the split lady fingers in the bottom of a glass dish, cover with a layer of the custard and continue this method until all of the lady fingers are used; cover the top with the remaining custard and sprinkle with half a cup of blanched, chopped and toasted almonds.

FEBRUARY

WEDNESDAY

BREAKFAST

Sliced Pineapple ‡
 Scrambled Eggs With Ham *
 Toast * Jam ‡
 Milk ‡ Coffee *

LUNCHEON

Spaghetti Spanish *
 Watercress and Apple Salad ‡
 Raisin Custard Pie ‡ *
 Milk ‡ Tea *

DINNER

Consomme with Vegetables * ‡
 Olives ‡
 Calves' Tongues *
 Pickled Sauce *
 Green Peas ‡
 Parsnip Cakes ‡
 Wialua Salad ‡ *
 Maple Pudding *
 Milk ‡ Coffee *

SPAGHETTI SPANISH

Add one pound of spaghetti slowly to a pot of boiling salted water to which has been added two tablespoons of butter and one small onion stuck with two whole cloves; boil twenty minutes or until the spaghetti is tender, place the spaghetti in a collander, run cold water through it and drain well. Heat two tablespoons of olive oil and one tablespoon of butter in a saute pan, add one finely chopped onion, one chopped clove of garlic, half a crushed bay leaf and two branches of parsley; stir and cook until the onion is lightly browned; add one chopped pimento, one chopped sweet green pepper and three cups of cooked or canned tomatoes; stir and cook forty minutes, add the drained spaghetti and half a cup of grated Italian cheese; heat, season with salt, paprika and two tablespoons of chili powder dissolved in four tablespoons of water; pour into a hot serving dish and serve with a dish of grated cheese.

RAISIN CUSTARD PIE

Beat three eggs and slowly beat into them four tablespoons of sugar, one-quarter of a teaspoon of salt, one teaspoon of grated lemon rind, two tablespoons of orange juice and one and three-quarters of a cup of milk. Mix well and add one and a half cups of seedless raisins; pour into a pastry-lined pie tin and bake in a moderate oven forty minutes.

CALVES' TONGUES

Place in a saucepan six cleaned calves' tongues, add one sliced carrot, one bay leaf, one onion stuck with eight whole cloves, three stalks of celery, two branches of parsley, one teaspoon of salt and enough boiling water to cover; bring to a boil and simmer until the tongues are tender; remove the tongues, trim the roots and take off the skin; split the tongues in halves lengthwise and reheat in pickle sauce; serve on a hot platter and garnish with ripe olives and branches of parsley.

PICKLE SAUCE

Heat four tablespoons of butter in a saucepan, add five tablespoons of flour, stir until smooth and stir in gradually two cups of hot milk and two cups of the strained tongue stock; stir and cook until thick and smooth; add three-quarters of a cup of chopped sour pickles, two tablespoons of capers and a seasoning of salt and Cayenne pepper.

WIALUA SALAD

For each portion place a slice of drained canned pineapple on a bed of shredded lettuce, cover this with a slice of peeled tomato, on the tomato spread a tablespoon of mayonnaise and sprinkle over all paprika and finely chopped fresh mint leaves.

FEBRUARY

THURSDAY

BREAKFAST

Shirred Eggs, Mazatlan *
 Toast * Jam ‡
 Milk ‡ Coffee *

LUNCHEON

Oyster Tartines *
 David Salad ‡
 Hot Rolls *
 Lancaster Apple Tart ‡ *
 Milk ‡ Tea *

DINNER

Puree St. Lambert * ‡
 Ripe Olives ‡
 Baked Breast of Lamb *
 Stewed Celery ‡ Baked Potato ‡
 Asparagus Tip Salad ‡
 Orange Shortcake, Monrovia *
 Milk ‡ Coffee *

EGGS MAZATLAN

For each service cover the bottom of a shirred egg dish with Spanish sauce, break into the dish two eggs, season with pepper and salt, cover with two tablespoonfuls of Spanish sauce and bake in a medium hot oven six minutes.

OYSTER TARTINES

Cut six quarter-inch slices of toast bread in large rounds and toast a light brown on both sides. Wash two cupfuls of California oysters in cold water, cover with boiling water, let cook one minute and drain in a sieve; place the oysters in a bowl and mix with one teaspoonful of French mustard, one teaspoonful of Worcestershire sauce, a seasoning of salt and half a teaspoonful of paprika; evenly spread over the toast rounds, cover with buttered bread crumbs and set in a moderate oven for five minutes. Garnish with lemon slices and parsley.

DAVID SALAD

Cover cold plates with shredded lettuce, cover the lettuce with peeled and sliced cucumbers, garnish with alternate strips of red and green peppers and place a tablespoonful of mayonnaise on top of each salad.

LANCASTER APPLE TART

Line the sides of a deep baking dish with a good pie paste; peel and core eight even-sized tart apples; place the apples in a saucepan, add water to one-half their height, cover and cook until tender, keep whole and be careful not to break; drain the apples and set upright in the lined baking dish; fill the core holes with orange marmalade, sprinkle, lightly with granulated sugar and cover the top with a lattice of pastry strips; bake in a quick oven to a nice brown and serve while hot.

PUREE ST. LAMBERT

Heat three tablespoonfuls of butter in a two-quart saucepan, add one thinly sliced carrot, one sliced stalk of celery, half of an onion sliced, and one peeled and sliced leek; stir and cook three minutes; add one peeled and sliced potato, half a cupful of green peas, half a cupful of lima beans and five cupfuls of meat stock; boil one hour, rub all through a sieve into a clean saucepan, add a seasoning of salt and pepper, one tablespoonful of butter and two teaspoonfuls of chopped parsley, reheat and serve with croutons.

BREAST OF LAMB

Cut a breast of lamb in six pieces, crack the bones, score the skin with a sharp knife, season with salt and pepper, rub with olive oil and place on a wire rack set in a baking pan; place in a medium hot oven for ten minutes; remove from the oven, brush the pieces with melted butter and cover them with sifted bread crumbs; return to the oven for three minutes; place on a hot platter, pour over maitre d'hotel butter and serve.

FEBRUARY

FRIDAY

BREAKFASTSliced Bananas ‡
Poached Eggs *Toast *
Milk ‡Jelly ‡
Coffee ***LUNCHEON**Shrimps, Cosmos Club *
Celery and Pimento Salad ‡
Parker House Rolls *
Apples Delta ‡

Milk ‡

Tea *

DINNERNew England Fish Chowder *
Spiced Pickles ‡
Finnan Haddie, Milanese *
Carrots and Peas Parsley Potatoes ‡
Jellied Prune Whip *

Milk ‡

Coffee *

SHRIMPS, COSMOS CLUB

Cream, one tablespoon of butter and one tablespoon of flour, work into them one cup of cream; place in a double boiler, add a few grains of Cayenne pepper, two teaspoons of lemon juice and four tablespoons of tomato sauce; stir and cook until thick and smooth; add half a pound of cooked, peeled and cleaned shrimps, heat and pour over hot, buttered crackers.

APPLES DELTA

Boil until clear one cup of sugar and three-quarters of a cup of water. Peel and core six even-sized, sound apples and place in a casserole; pour over the syrup, add the grated rind of a half a lemon, cover the casserole and bake in a very slow oven so as not to break the apples. Boil half a cup of rice in one and a quarter cups of milk until soft, add to it two tablespoons of sugar and half a teaspoon of lemon extract. Place the apples on a dish, fill the centers with the cooked rice, place the balance of the rice around the apples, pour over the syrup and garnish each apple with a preserved or candied cherry.

FINNAN HADDIE, MILANESE

Place a washed finnan haddie in a shallow pan, cover with half water and milk and set in a warm place for two hours. Drain, break into flakes, discarding all skin and bones, and rinse thoroughly in warm water. Heat in a saucepan four tablespoons of butter, add one tablespoon of finely chopped onion and cook five minutes, add four tablespoons of flour, mix well, stir in one cup of milk, one cup of cream, half a teaspoon of paprika, one teaspoon of salt, and when the mixture thickens stir in the finnan haddie and one-third of a cup of pimentos cut in strips. Cover the bottom of a serving dish with cooked spaghetti, pour over the fish mixture, set in the oven five minutes, sprinkle with cheese and return to the oven until the cheese is melted.

JELLIED PRUNE WHIP

Remove the seeds from one and a half cups of stewed prunes, place in a saucepan, add three-quarters of a cup of sugar and cook very slowly, stirring constantly until the mixture is thick and smooth. Soak one and a half tablespoons of granulated gelatine in three tablespoons of cold water, add three-quarters of a cup of boiling water and stir until the gelatine is dissolved; add to the prunes, mix well, and when it starts to stiffen beat in the stiffly beaten whites of four eggs and one teaspoon of lemon extract. When well mixed pile in serving glasses and set in the ice box one hour. Serve with a lemon custard sauce.

FEBRUARY

SATURDAY

BREAKFAST

Sliced Bananas ‡

Shirred Eggs *

Toast *

Milk ‡

Jam ‡

Coffee *

LUNCHEON

Fish Souffle, Tartar *

Tea Biscuits *

Lettuce and Egg Salad ‡ *

Apricot Pie ‡ *

Milk ‡

Tea *

DINNER

Cream of Tomato ‡

Radishes ‡

Boiled Beef Tongue, Piquante *

Lima Beans ‡

Mashed Potatoes ‡

Cress and Orange Salad ‡

Baked Fig Pudding ‡ *

Milk ‡

Coffee *

FISH SOUFFLE

Mix two cupfuls thick white sauce with two cupfuls of flaked cooked fish; two teaspoonfuls of chopped parsley, two teaspoonfuls of table sauce, one tablespoonful of lemon juice, a seasoning of salt and paprika and the stiffly beaten whites of two eggs; fill a glass or earthenware baking dish two-thirds full with the mixture and bread crumbs mixed with two tablespoonfuls of olive oil, a seasoning of salt and two tablespoonfuls of grated parmesan cheese. Bake a nice brown in a medium oven and serve with tartar sauce.

BEEF TONGUE

Place in a small saucepan two tablespoonfuls of butter and the chopped white part of twelve young green onions; stir and cook until the onions are a light brown; add four tablespoonfuls of vinegar and reduce one-half; add four tablespoonfuls of the stock from the boiled tongue and four tablespoonfuls of sifted flour; stir and cook until all is a nice brown, stir in two cupfuls of the stock and cook, beat smooth and boil ten minutes; strain through a sieve and add two tablespoonfuls of drained capers, two tablespoonfuls of chopped sour pickles and one teaspoonful of grated lemon rinds.

PIQUANTE SAUCE

Place in a small saucepan two tablespoonfuls of butter and the chopped white part of twelve young green onions; stir and cook until the onions are a light brown; add four tablespoonfuls of vinegar and reduce one-half; add four tablespoonfuls of the stock from the boiled tongue and four tablespoonfuls of sifted flour; stir and cook until all is a nice brown, stir in two cupfuls of the stock and cook, beat smooth and boil ten minutes; strain through a sieve and add two tablespoonfuls of drained capers, two tablespoonfuls of chopped sour pickles and one teaspoonful of grated lemon rind.

FIG PUDDING

Sift two cupfuls of sifted flour with half a cupful of sugar, four level teaspoonfuls of baking powder, and half a teaspoonful of salt; add two-thirds of a cupful of milk, one well-beaten egg and four tablespoonfuls of melted butter; beat smooth, fill buttered muffin tins two-thirds full with the mixture, cover with a thick layer of chopped dried figs, dot with bits of butter and bake in a medium oven twenty minutes; unmold on dessert plates and pour over a good orange custard.

FEBRUARY

SUNDAY

BREAKFAST

Sliced Oranges ‡
Ham Omelet *
Rice Cakes * Maple Syrup ‡
Milk ‡ Coffee *

DINNER

.. Cream of Chestnuts ‡
 Salted Almonds ‡
 Roast Shoulder of Veal *
Carrots, Vichy ‡ Baked Potatoes ‡
 Imperial Salad ‡ *
 Brick Ice Cream, Frascati ‡
Milk ‡ Coffee *

SUPPER

 Market Fry *
Whole Wheat Sandwiches *
 Red Apples ‡
Milk ‡ Cocoa ‡

RICE CAKES

Sift three cups of sifted flour with five tablespoons of sugar, half a teaspoon of salt and four teaspoons of baking powder; work into these three-quarters of a cup of cooked rice, two well beaten eggs; three tablespoons of melted butter and one and a half cups of sweet milk; beat three minutes, drop by mixing spoonfuls onto a hot greased griddle and bake a nice brown on both sides.

CREAM OF CHESTNUTS

Peel four cups of chestnuts, place in a saucepan, cover with water and cook until soft; press through a sieve into a clean saucepan, add four cups of hot milk, heat to a boil, be careful not to burn, add a few drops of onion juice and a seasoning of salt, white pepper and nutmeg; color a light green with color paste and serve with croutons.

SHOULDER OF VEAL

Have the butcher remove the bone from the desired amount of veal shoulder, season with salt and pepper and place in a baking pan with one sliced onion, one sliced carrot, one bay leaf and two whole cloves; add to the pan four tablespoons of butter dissolved in half a cup of water; have the oven hot for the first fifteen minutes, reduce the heat and finish baking; baste often and when the veal is cooked remove to a hot platter; add half a cup of boiling water to the pan, let simmer five minutes and strain over the meat.

IMPERIAL SALAD

Cover lettuce covered plates with finely chopped white celery, cover the celery with cooked asparagus tips, garnish the asparagus with filets of anchovies, sprinkle with chopped toasted almonds and pour over all a good French dressing.

MARCH

MONDAY

BREAKFAST

Orange Juice ‡
Coddled Eggs *

Toast *
Milk ‡

Jelly ‡
Coffee *

LUNCHEON

Country Sausage* with Fried Apples‡
Lettuce and Tomatoes ‡
Parker House Rolls *
Orange Bread Pudding*
Tea *

DINNER

Onion Soup‡
Radishes ‡
Corned Brisket of Beef*
Carrots ‡ Boiled Potatoes ‡
Cabbage and Nut Salad ‡
Fresh Apple Cobbler, Hard Sauce ‡ *
Milk ‡ Coffee *

COUNTRY SAUSAGE

Run through the fine knife of the meat chopper two pounds of lean pork and one pound of fat pork; work into the pork a seasoning of fresh ground black pepper, salt and sage, add four tablespoonfuls of ice water and form into twelve even-sized round cakes; dredge baking pan and cook until well done in a moderate oven.

Apples to serve with the sausage should be cored, but not peeled, cut in thick slices, dipped in flour and fried until soft and brown on both sides in hot butter.

ORANGE BREAD PUDDING

Cover one and a half cupfuls of fine bread crumbs with three cupfuls of milk and let stand fifteen minutes; add to them three well-beaten eggs, half a teaspoonful of salt, three cupfuls of peeled and diced oranges, two tablespoonfuls of grated orange rind, one tablespoonful of lemon juice, three tablespoonfuls of melted butter and three-quarters of a cupful of sugar; mix well, pour into a buttered pudding dish and bake in a moderate oven thirty-five minutes. Serve hot or cold.

CORNED BEEF

Wash well a four or five-pound piece of corned brisket of beef, drain, place in a pot, cover with cold water, bring to a boil, skim well; cover the pot and simmer slowly until nearly done. Add peeled carrots and peeled potatoes and cook until the vegetables are tender. Lift the beef onto a hot platter and place around it the cooked carrots and potatoes.

CABBAGE AND NUT SALAD

Mix four cupfuls of finely shredded young cabbage with one cupful of chopped walnut meats, two chopped pimientoes, two chopped green peppers, two teaspoonfuls of chopped spiced pickles and one cupful of lemon French dressing. Drain, mound on six lettuce-covered plates, cover with a cooked salad dressing and sprinkle with paprika and finely-chopped parsley.

APPLE COBBLER

Mix five cupfuls of peeled and diced apples with three-quarters of a cupful of sugar, two teaspoonfuls of ground cinnamon, half a teaspoonful of salt and half a teaspoonful of ground mace. Place in a deep, buttered baking pan, dot with three tablespoonfuls of butter broken in small bits and pour over three-quarters of a cupful of water. Cover with a short biscuit dough, brush with melted butter, cut three slits in the top and bake in a moderate oven twenty minutes. Pour over a syrup made by boiling three-quarters of a cupful of water with one and a half cupfuls of sugar and one tablespoonful of grated lemon rind. Bake ten minutes and serve.

MARCH

TUESDAY

BREAKFAST

Prunes*
 Creamed Chipped Beef on Toast *
 Corn Muffins * Marmalade ‡
 Milk † Coffee *

LUNCHEON

Lamb Hash with Green Peppers *
 Melon Salad‡
 Lemon Pie*
 Milk † Tea *

DINNER

Consomme Gardena *
 Salted Almonds †
 Roast Loin of Pork, Apple Sauce * †
 Creamed Onions † Baked Sweet Potatoes †
 Radish and Nut Salad †
 Cottage Pudding, Jelly Sauce * †
 Milk † Coffee *

LAMB HASH

Place in saute pan four tablespoons of butter and add one finely chopped onion, two chopped green peppers; simmer until the onion and pepper are soft, then add four cups of diced cooked lamb, two cups of chopped boiled potatoes, one cup of stock, three chopped pimientos, one teaspoon of Worcestershire sauce, and a seasoning of salt and pepper, mix well, cover and place in a medium oven for forty minutes. Place on a hot platter, garnish with points of toast and sprinkle over all finely chopped parsley.

CONSOMME GARDENA

Heat three cups of clear consomme and add to it the pulp of three pimentos that have been pressed through a sieve, half a cup of cooked rice, half a teaspoon of salt, and two tablespoons of orange juice. Serve in cups.

MELON SALAD

Cover cold salad plates with leaves of crisp lettuce, on the lettuce place a slice of pineapple, cover the pineapple with alternate slices of orange and grapefruit; sprinkle over match shaped pieces of peeled celery and chopped walnuts. Place on each salad two tablespoons of sour cream salad dressing and dust with paprika.

SOUR CREAM DRESSING

Beat into one cup of sour cream, not too old, two tablespoons of lemon juice, two teaspoons of vinegar, one teaspoon of sugar, one teaspoon of salt and a quarter of teaspoon of paprika; beat well and keep cold until used.

COTTAGE PUDDING

Beat to a cream one-third of a cup of butter and two-thirds of a cup of sugar; beat until smooth and beat in two well-beaten eggs and two-thirds of a cup of milk. Sift two cups of sifted flour with three level teaspoons of baking powder and one-quarter of a teaspoon of salt; add to the butter mixture with one teaspoon of vanilla and beat two minutes; fill well-buttered muffin tins two-thirds full with the mixture and bake twenty-five minutes. Unmold on dessert plates and pour over a jelly sauce.

JELLY SAUCE

Mix half a cup of sugar, one and a half tablespoons of cornstarch and a third of a teaspoon of salt; add one and a quarter cups of water and stirring constantly cook five minutes. Add one and a half cups of tart jelly and one and a half tablespoons of butter; beat until smooth and pour over the puddings.

MARCH

WEDNESDAY

BREAKFAST

Preserved Figs and Cream†

Poached Eggs*

Toast*

Milk ‡

Jam†

Coffee *

LUNCHEON

Redondo Salad*

French Rolls*

Apple Turnovers*

Milk‡

Tea*

DINNER

Grandma's Soup†

Radishes†

Calf's Head Vinaigrette*

Green Peas†

Anna Potatoest

Escarole Salad‡

Orange Short Cake*

Milk‡

Coffee*

REDONDO SALAD

Rub a cold bowl with a clove of crushed garlic and mix in it two cups of cooked and flaked halibut (canned tuna can be used), two cups of sliced cold-boiled potatoes, two cups of finely shredded cabbage, four finely chopped young green onions, the chopped whites of two hard-boiled eggs, two teaspoons of finely chopped parsley, a seasoning of salt and pepper, and a half a cup of olive oil; mix well, add two tablespoons of vinegar; mound on lettuce-covered plates and garnish with the yolks of the hard-boiled eggs pressed through a sieve and ripe olives.

APPLE TURNOVERS

Sift into a bowl two cups of sifted flour sifted with half a teaspoon of salt and two level teaspoonfuls of baking powder; rub into them one tablespoon of butter and when like coarse meal make to a soft dough with cold milk; roll out half an inch thick and cut in rounds with a large biscuit cutter; place two tablespoons of seasoned stewed apples on half of a round, fold over the other half, pinch the edges together, place in a butter baking pan, brush with melted butter and bake in a moderate oven twenty minutes.

GRANDMA'S SOUP

Place in a kettle one and a half cups of peeled and chopped leeks, one and a half cups of finely chopped cabbage, one cup of chopped onion, one and a half cups of peeled and chopped celery, and enough cold water to cover; bring to a boil, add a seasoning of pepper and salt and simmer until all the vegetables are soft; add two cups of hot milk and serve with croutons or toasted French rolls.

CALF'S HEAD

Have the butcher carefully clean a young calf's head, split and remove the brain and tongue. With a sharp knife carefully remove the meat from both sides of the head, place in a saucepan with the tongue, add two quarts of water bring to a boil and boil five minutes, drain, remove the skin from the tongue and cut the meat in twelve pieces. Mix in a saucepan four tablespoons of flour, half a cup of vinegar, six cups of water, four tablespoons of parsley leaves, two peeled and chopped carrots and one sliced onion; mix well, cook five minutes, add the pieces of calf's head and the tongue, cover and simmer two hours; add a seasoning of salt and paprika. Lift out the pieces and dress on a hot platter, with the blanched, cooked and cleaned brain and the tongue cut in slices. Serve vinaigrette sauce separate.

MARCH

THURSDAY

BREAKFAST

Sliced Bananas†
 Cereal with Cream*
 Buttered Toast* Jam†
 Milk† Coffee*

LUNCHEON

Meat Balls Italian*
 Endive and Cucumber Salad †
 Hot Rolls*
 Jellyed Apricots and Rice†*
 Milk† Tea*

DINNER

Boiled Leg of Mutton, Capers Sauce*
 Mashed Turnips†
 Baked Potato Souffle *
 Tomato and Green Pepper Salad† ✓
 Apple Sauce Cake†*
 Milk† Coffee*

MEAT BALLS ITALIAN

Remove the fat and bones from enough cooked beef to make three cups after it has been run through the fine knife of the meat chopper and mix it with one cup of bread crumbs, two egg yolks, one teaspoon of minced parsley, one minced clove of garlic, and a seasoning of salt and pepper. Roll the mixture into twelve small balls, roll the balls in flour and fry a nice brown in hot butter. Boil spaghetti in boiling salted water until tender, drain and place on a hot platter. Place the meat balls on the cooked spaghetti and pour over all two cups of well-seasoned tomato sauce. Sprinkle with Parmesan cheese and serve hot.

JELLIED APRICOTS AND RICE

Place the syrup drained from one large can of apricots in a saucepan and add to it two tablespoons of sugar and boil until clear. Soak one tablespoon of granulated gelatine in four tablespoons of cold water for twenty minutes and add to the hot syrup with two teaspoons of lemon juice. Strain and cool. Chill small individual moulds in cracked ice and pour over the bottom around the sides some of the partly set gelatine and stand in the ice until firm; repeat this process until the bottom and sides have a firm coating of gelatine. Dip the drained apricots in the gelatine mixture so as to thoroughly coat them with the jelly. Place two halves in each mould, fill mould with cooked rice and pour over the balance of the gelatine. Set the filled moulds on the ice until set. Unmould on cold dessert plates, decorate with whipped cream and chopped almonds.

BOILED LEG OF MUTTON

Place a leg of young mutton in a kettle and cover with boiling water; bring to a boil and reduce the heat after three minutes; add one onion stuck with two whole cloves and two teaspoons of salt; simmer slowly until the meat is tender. When done remove to a hot platter and pour over caper sauce.

CAPER SAUCE

Strain two cups of the stock that the mutton was cooked in and free from all fat. Heat two and one-half tablespoons of butter in a saucepan and stir in three tablespoons of flour; stir over a slow fire for six minutes, let it bubble up and cook two minutes; gradually stir in the strained stock and beat smooth while boiling for ten minutes. Add three tablespoons of capers and stir in two teaspoons of butter. Season with salt and paprika.

APPLE SAUCE CAKE

Beat one-third of a cup of butter to a cream with one cup of sugar. Sift two cups of sifted flour with three-quarters of a teaspoon of baking soda, two teaspoons of baking powder, half a teaspoon of mace, half a teaspoon of nutmeg, half a teaspoonful of cloves and one teaspoon of cinnamon; add the flour mixture to the butter and sugar alternately with one cup of apple sauce and one cup of currents. Fill buttered muffin pans three quarters full with the mixture and bake in a moderate oven twenty minutes.

MARCH

FRIDAY

BREAKFAST		
	Baked Apple ‡	
Jam ‡	Poached Eggs *	Toast *
Coffee *		Milk ‡
LUNCHEON		
	Lobster Newburg *	
	Fruit Salad ‡	
	French Rolls *	
Milk ‡	Cheese Cake ‡	Tea *
DINNER		
	Cream of Clams *	
	Celery ‡	
	Oven Broiled Barracuda *	
	Maitre d'Hotel *	
	String Beans and Tomatoes ‡	
	Buttered Rice *	
	Shredded Cabbage ‡	Pepper Salad ‡
Milk ‡	Peach Cobbler ‡ *	Coffee *

LOBSTER NEWBURG

Place in a saucepan one and a half tablespoonfuls of melted butter, add two cupfuls of cooked lobster cut in even-sized pieces and shake the pan over the fire until the butter is absorbed. Add four tablespoonfuls of sherry flavor, sprinkle lightly with salt and white pepper and shake the pan until reduced to a glaze. Set pan in hot water until needed.

Heat two tablespoonfuls of butter, add two tablespoonfuls of flour, a dash of Cayenne pepper, one-third of a teaspoonful of salt, and one cupful of thin cream. Stir and cook until thick and smooth and keep hot in a pan of hot water.

Heat four tablespoonfuls of sherry flavor in a small saucepan and whip into it three well-beaten egg yolks; set pan in a hot-water bath and whip until the eggs are set. Combine the three mixtures; shake pan to mix and pour over buttered toast and garnish with toast points. Serve at once.

FRUIT SALAD

Mix half a cupful of seeded red cherries with one cupful of seeded white cherries, half a cupful of peeled and diced oranges, half a cupful of diced pineapple, half a cupful of finely chopped white celery, half a cupful of broken walnut meats, and one teaspoonful of lemon juice.

Mix half a teaspoonful of salt with one-quarter of a teaspoonful of dry mustard, two teaspoonfuls of sugar, one-quarter of a teaspoonful of paprika; add two well-beaten eggs and two tablespoonfuls of lemon juice; beat well, pour into a double boiler, add one-third of a cupful of milk and beat and cook until thick and smooth, do not boil. Cool, add half a cupful of whipped cream, mix with the fruits and serve on lettuce-covered plates.

CREAM OF CLAMS

Melt four tablespoonfuls of butter in a saucepan, add four tablespoonfuls of flour and stir until smooth; add two cupfuls of cold milk and stir and cook until smooth. Heat two cupfuls of minced clams with their liquor, stir into the milk mixture, season with salt, paprika and celery salt and serve with croutons.

BARRACUDA

Cut six slices of barracuda one-inch thick, sprinkle with pepper and salt and dredge with sifted flour. Heat four tablespoonfuls of olive oil in a frying pan, lay in the slices of fish, set in a hot oven for ten minutes, turn the fish and finish cooking. Lift out to a hot platter and spread with half a cup of butter beaten to cream with one tablespoonful of lemon juice and one tablespoonful of finely chopped parsley.

PEACH COBBLER

Cover the bottom of a buttered shallow baking dish with three cupfuls of drained and diced preserved peaches and sprinkle with half a cupful of sugar mixed with one-quarter of a teaspoonful of cinnamon, one tablespoonful of flour, and one-quarter of a teaspoonful of salt; add half a cupful of water, dot with two tablespoonfuls of butter broken in small bits, cover with a short biscuit dough and bake in a moderate oven twenty-five minutes. Serve hot with a custard sauce.

MARCH

SATURDAY

BREAKFAST

Sliced Pineapple†
Chipped Beef and Cream*

Toast*
Milk†

Jam†
Coffee*

LUNCHEON

Boiled Calves' Tongues*
Colorado Salad†
Biscuits*
Cream Jelly†
Tea*

DINNER

Cream of Tomato Soup†
Young Onions†
Boiled Ham with Young Beets**
New Potatoes†
Cherry and Banana Salad†
Cherry Cup Custard*
Coffee*

BOILED CALVES' TONGUES

Cover four fresh tongues with boiling water. Add five slices of carrot, two stalks of celery, one onion stuck with six cloves, fifteen pepper corns and one-half teaspoonful of salt, and cook until tender. Take from water, remove skin roots and cut in halves lengthwise. Cook one-half can tomatoes with two cupfuls of brown stock until reduced to one-half cupful. Reheat tongues in sauce. Garnish with parsley, lemon wheels and points of bread sauted in butter.

CREAM JELLY

One tablespoonful of granulated gelatine, two tablespoonfuls of cold water, one-quarter cupful of scalded cream, one quarter cupful of sugar, whip three cupfuls of thin cream, one teaspoonful of vanilla or two teaspoonfuls of maraschino.

Soak gelatine in cold water and dissolve in hot cream. Add sugar and flavoring until mixture begins to thicken, then cut and fold in whipped cream. Turn into a mold first dipped in cold water, and chill.

BOILED HAM WITH YOUNG BEETS

The butt end of ham is washed in hot water; put on to boil in cold water; boil slowly until tender. Remove and keep in a warm place. Add the beets and tops, which have been washed, but not pared, to the stock; boil forty minutes, or until tender. Drain, skin beets and slice. The tops are chopped, seasoned with pepper and salt to taste; put the sliced beets over the top of beet tops. The ham is sliced thin and put around beet tops.

CHERRY AND BANANA SALAD

Two ripe bananas, two cupfuls of cherry gelatine, two cupfuls of shredded lettuce, one-half cupful of cream mayonnaise.

Skin and scrape the bananas and put through fruit press or mash through colander. Put into individual molds that have been rinsed with cold water and cover with cherry gelatine, made as usual. When firm, turn out on shredded lettuce. Put a teaspoonful of mayonnaise on each one.

The red gelatine and white banana make a very attractive salad.

CHERRY CUP CUSTARD

Two cupfuls of rice stock, one cupful of pitted cherries, one-half cupful of sugar, two eggs, pinch of salt, one teaspoonful of butter.

Beat the eggs, sugar and salt until well mixed; add the rice stock and cherries. Brush six custard cups with butter; pour in the mixture; set in pan of warm water and bake twenty to twenty-five minutes in a moderate oven same as custard. Try by putting silver knife in center. If knife comes out dry, the custard is done. If not, it must bake until firm, but not separate. There is less danger of separating when made with the rice stock.

MARCH

SUNDAY

BREAKFAST

Grapefruit ‡
 Poached Eggs, Portland *
 Waffles * Honey ‡
 Milk ‡ Coffee *

DINNER

Cream of Cauliflower ‡
 Celery ‡
 Stuffed Roast Tame Duck *
 Mashed Turnips ‡ New Potatoes ‡
 Orange Salad, Pekin ‡
 Peach Cobbler a la Mode ‡ *
 Milk ‡ Coffee *

SUPPER

Golden Buck *
 Apple Sauce ‡ Gingerbread *
 Cocoa ‡

POACHED EGGS, PORTLAND

For each person to be served cut two rounds of toasted bread three inches in diameter and two thick slices of peeled and cored apple. Dip the apple slices in milk, roll in flour and fry a nice brown on both sides in hot butter. Place a slice of fried apple on a round of toast, sprinkle lightly with curry powder and cover with a poached egg.

ROAST TAME DUCK

Clean, dress, wash, wipe and stuff a tame duck with a dressing made by mixing half a cup of stale bread crumbs with two tablespoons of melted butter, one cup of mashed potatoes, half a teaspoon of salt, half of a finely chopped onion cooked until soft in one tablespoon of butter with two tablespoons of finely chopped salt pork, a few grains of Cayenne pepper, two teaspoons of finely chopped capers, and a little mace; when well mixed add one slightly beaten egg. Truss the stuffed duck, place in a roasting pan on a rack, add to the pan one chopped stalk of celery, half a sliced onion, one sliced carrot, one bay leaf, and three whole cloves; rub the breast with mixed salt and pepper, cover with thin slices of salt pork and bake until tender, allowing sixteen minutes to the pound. Baste five or six times and twenty minutes before removing from the oven take off the slices of salt pork. Serve with pan gravy.

ORANGE SALAD

Peel and slice three oranges, cut in dice and mix with half a cup of chopped preserved ginger, one cup of broken walnut meats and half a cup of lemon French dressing. Mound on lettuce-covered plates and garnish with ripe olives and finely chopped white celery.

PEACH COBBLER

Drain the syrup from one large can of sliced peaches and cut the peaches in dice; place them in the bottom of a shallow baking dish and sprinkle over four tablespoons of sugar mixed with one tablespoon of flour, one-quarter of a teaspoon of cinnamon and a pinch of salt; add half a cup of water and dot the tops of the peaches with bits of butter. Sift one cup of sifted flour with two level teaspoons of baking powder, one teaspoon of sugar, and a few grains of salt; rub into it one tablespoon of butter and one tablespoon of lard and when like coarse meal work to a smooth dough with three tablespoons of ice water. Roll out the size of the baking dish, place over the peaches, cut two or three slits in the crust, brush with milk and bake in a moderate oven twenty-five minutes. Cut in squares and serve hot or cold with a serving of ice cream on top.

MONDAY

Milk ‡ Grapefruit ‡
Steamed Rice with Dates * ‡ Coffee *

Eggs in Tomato Cases * ‡	
Hot Rolls *	
Baked Pears ‡	Oatmeal Cookies *
Milk ‡	Tea *

Soup Piemontaise † *
Radishes †
Braised Beef, Raisin Sauce *
Buttered Lima Beans †
Mashed Potatoes †
Beet and Lettuce Salad †
Souffle, Mexican *

Milk † Coffee *

Select the required number of firm, ripe tomatoes, cut off the stem ends and scoop out the insides, be careful not to break the cases. In each case, place two tablespoonfuls of creamed ham, drop in one egg, cover with melted butter, place on a buttered baking pan and set in a moderate oven until the eggs are set. Serve on squares of buttered toast.

Break two cold eggs into a cold bowl, add half a teaspoonful of salt and beat until light. Beat in slowly one cupful of sugar and two tablespoonfuls of melted butter and beat until smooth. Add three cupfuls of rolled oats mixed with one teaspoonful of baking powder and work until it sticks together. Drop even-sized mounds onto a buttered baking sheet and bake in a quick oven. These are nice when a seeded raisin is placed in the center of each one before serving.

Place in a two-quart saucepan one tablespoonful of butter and one thinly sliced small onion; stir and cook until the onion is a light brown. Pour in two cupfuls of beef stock and one cupful of boiled rice and simmer until the rice is tender. Add four cupfuls of hot beef stock, four tablespoonfuls of butter and four tablespoonfuls of grated Parmesan cheese. Boil ten minutes and season with salt and paprika. Serve with crusts of toasted French bread and pass grated Parmesan cheese.

Strain the juice from the pot the beef was braised in into a saucepan; add half a cupful of seedless raisins, the grated rind of half an orange, a seasoning of salt and one tablespoonful of browned flour. Stir and simmer six minutes. Pour over the beef and serve.

Beat four tablespoonfuls of butter to a cream with three tablespoonfuls of cornstarch and two tablespoonfuls of ground chocolate. Place in a double boiler and stir in one cupful of strained strong black coffee. Stir and cook until smooth. Remove from the fire and stir in slowly the well-beaten yolks of three eggs beaten to a cream with one-third of a cupful of sugar. Fold in the stiffly beaten whites of three eggs and half a teaspoonful of vanilla extract and pour into a buttered soufflé dish. Set in a pan of hot water and bake twenty-five minutes.

MARCH

TUESDAY

BREAKFAST

Sliced Oranges †

Poached Eggs *

Toast *

Marmalade †

LUNCHEON

Cottage Meat Pie * *

Poppy Seed Rolls *

Tomato and Lettuce Salad †

Apple Pie with Cream Cheese * †

Milk †

Tea *

DINNER

French Rice Soup * †

Young Onions †

Roast Veal, Bread Dressing *

Zucchini †

Potatoes Hashed in Cream †

Imperial Salad †

Sunkist Pudding † *

Macaroons *

Milk †

Coffee *

COTTAGE MEAT PIE

Chop four cupfuls of boiled lean beef very fine and mix with one teaspoonful of finely chopped parsley, two tablespoonfuls of finely chopped onion, two finely chopped pimientoes, two teaspoonfuls of Worcestershire sauce, and a seasoning of salt, pepper and nutmeg. Butter an earthenware baking dish, fill with the meat mixture and cover with mashed potatoes seasoned with salt and pepper, rub smooth with a knife dipped in milk and mark with cross lines with a fork. Brush with melted butter and bake in a moderate oven forty-five minutes.

BREAD DRESSING

Cover four cupfuls of stale bread crumbs with four cupfuls of milk and let stand fifteen minutes; squeeze dry and mix with two finely chopped onions that have been fried brown in four tablespoonfuls of poultry seasoning, one tablespoonful of finely chopped parsley, two beaten eggs and seasoning of salt and paprika.

FRENCH RICE SOUP

Place four cupfuls of beef stock in a kettle, add one cupful of rice, one slice of onion, one sprig of parsley, and one stalk of celery. Boil for thirty minutes, and press through a sieve into a clean saucepan; add one and a half cupfuls of boiling milk and a seasoning of salt and pepper. Just before serving, add two tablespoonfuls of butter.

IMPERIAL SALAD

Arrange six cupfuls of lettuce leaves on cold salad plates and fill with a mixture of equal parts of peeled and sliced grapefruit, peeled and seeded grapes and broken walnut meats; mix with French dressing and garnish with strips of pimientos and sweet green peppers.

SUNKIST PUDDING

Mix three tablespoonfuls of granulated gelatine with half a cupful of cold water and let stand ten minutes; add three-quarters of a cupful of boiling water and stir until the gelatine is dissolved, stir in half a cupful of sugar, one and a half cupfuls of strained orange juice, and five tablespoonfuls of lemon juice. Let stand until the mixture starts to harden around the edge, then beat with a rotary egg beater and beat until frothy. Add the stiffly beaten whites of three eggs, beat six minutes. Pile in sherbet glasses and set in the ice box one hour before serving. Nice served with whipped cream or cold orange custard.

MARCH

WEDNESDAY

BREAKFAST

Baked Apples with Cream †
 Scrambled Eggs with Croutons *
 Toast * Marmalade †
 Milk † Coffee *

LUNCHEON

Lamb Hash with Green Peppers *
 Lima Bean Salad †
 Scotch Scones *
 French Pancakes *
 Milk † Tea *

DINNER

Cream of Spinach †
 Ripe Olives †
 Fillet Mignons, Maitre d'Hotel *
 Egg Plant †
 Hashed Brown Potatoes †
 Lettuce, Russian Dressing †
 Banana Pudding, Lemon Sauce *
 Milk † Coffee *

LIMA BEAN SALAD

Mix in a cold bowl rubbed with clove of crushed garlic one and a half cupfuls of cooked and chilled baby lima beans, three-quarters of a cupful of chopped white celery, three-quarters of a cupful of peeled and diced cucumber, one chopped pimienta, four tablespoonfuls of chopped sweet pickles, a seasoning of salt and paprika and one cupful of lemon French dressing. Serve on lettuce-covered plates and garnish with strips of pimienta and chopped walnut meats.

FILLET MIGNONS

Trim part of the fat from a two and a half-pound piece of filet of beef and cut in six even pieces. Season with salt and pepper. Melt one tablespoonful of butter in a frying pan, lay in the seasoned slices of filet and cook over a hot fire three minutes on each side. Cut six slices of stale bread, cut in two and a half-inch rounds and fry a nice brown in hot olive oil. Place the browned bread on a serving platter, spread with maitre d'hotel butter, cover with the beef, spread with maitre d'hotel butter and serve very hot.

MAITRE D'HOTEL BUTTER

Beat four tablespoonfuls of butter to a cream and work into it a dash of salt and a few grains of Cayenne pepper; add two tablespoonfuls of finely chopped parsley and one teaspoonful of lemon juice.

BANANA PUDDING

Peel four bananas, remove the strings and rub through a sieve. Rub two tablespoonfuls of butter to a cream and rub into it four tablespoonfuls of sugar, one teaspoonful of lemon juice, half a teaspoonful of grated lemon rind, one whole egg and one egg yolk slightly beaten, and half a cupful of rich milk. Mix well, with the banana pulp, pour into a buttered pudding mold dusted with powdered sugar, set in a pan of hot water and poach in a slow oven until firm in the center. Cover with a meringue made with the stiffly beaten white of one egg and three tablespoonfuls of sugar and brown in a slow oven.

MARCH

THURSDAY

BREAKFAST

	Grapefruit ‡	
Broiled Ham *		Flannel Cakes *
	Honey ‡	
Milk ‡		Coffee *

LUNCHEON

	Pickled Veal Tongue, Raisin Sauce *	
	Carrot Salad ‡	
	Poppy Seed Rolls * ‡	
	Pineapple Turnovers * ‡	
Milk ‡		Tea *

DINNER

	Purée of Parsnips ‡	
	Celery ‡	
	Baked Meat Pie *	
	Buttered Carrots, Potato Cakes * ‡	
	Chiffonade Salad ‡	
	Chocolate Rice Pudding *	
Milk ‡		Coffee *

PICKLED VEAL TONGUE

Soak a pickled veal tongue in cold water for one hour; drain, place in a kettle, cover with fresh cold water, add two whole cloves stuck in an onion, half a bay leaf, and three sprigs of parsley. Bring slowly to a boil and simmer until tender. Lift out the tongue with a skimmer and plunge into cold water. Remove the skin and root and return to the hot liquor.

Place in a saucepan two tablespoonfuls of butter and two tablespoonfuls of flour and cook until the flour is brown; stir in one cupful of meat stock and stir and cook ten minutes. Add to the sauce three tablespoonfuls of lemon juice, three tablespoonfuls of current jelly, a spice bag holding two sprigs of parsley, a small bit of bay leaf, one whole clove, one shallot, and six pepper corns. Stir until the sauce boils; add half a cupful of seedless raisins, bring to a boil, reduce the heat and simmer until the sauce will mask a spoon.

Slice the tongue, place the pieces as they were before carving. Remove the spice bag from the sauce, stir one teaspoonful of butter and pour over the tongue.

PINEAPPLE TURNOVERS

Sift one and a half cupfuls of sifted flour with one-third of a teaspoonful of salt and rub into them seven level tablespoonfuls of lard. When the mixture is like coarse meal add enough cold water to stick together, turn over on a floured board and roll out in a thin square sheet. Cut in six four-inch squares, place a tablespoonful of pineapple filling in the center of each square and fold to make three-cornered pieces. Press the edges together with a fork, slip onto a baking sheet and bake in a hot oven fifteen minutes. Cool and cover with white icing.

PINEAPPLE FILLING

Place in a saucepan one cupful of chopped pineapple, add half a cupful of sugar and four tablespoonfuls of water. Cook over a slow fire, stirring constantly, until thick. Cool and use.

CHOCOLATE RICE PUDDING

Place in the top of a double boiler one and a half tablespoonfuls of cornstarch mixed with half a teaspoonful of salt, three-quarters of a cupful of sugar, and five tablespoonfuls of cocoa; mix well, stir in three cupfuls of milk and stir and cook fifteen minutes; add two slightly beaten eggs and two and a half cupfuls of cooked rice; cook four minutes, add half a teaspoonful of lemon extract and one teaspoonful of vanilla extract. Pour in a deep dish, chill and serve with cream or an orange custard sauce.

MARCH

FRIDAY

BREAKFAST

Sliced Bananas ‡
 Egg Benedict *
 English Muffins *
 Milk ‡
 Jelly ‡
 Coffee *

LUNCHEON

Broiled Trout *
 Tomato Waldorf Salad ‡
 Crescent Rolls *
 Strawberry Ice ‡
 Milk‡
 Tea*

DINNER

Hoffman House Clam Chowder *
 Spiced Pickles ‡
 Fresh Mackerel *
 Molded Spinach ‡
 Baked Potatoes, En Surprise ‡
 Cucumber Salad ‡
 Raisin Cottage Pudding ‡ *
 Milk‡
 Coffee*

BROILED TROUT

Small trout are usually broiled. Clean fish and wipe between towels until perfectly dry. Roll in a little oil to which a little salt and pepper have been added, and let stand for fifteen minutes. Arrange the fish on hot, greased broiler over or under a hot clear fire. As they burn easily it is best to put them between the wires of a double broiler so as to turn them often. Broil them until tender, about three minutes on each side, to a delicate golden color. If the trout are medium sized finish cooking in a rather hot, moderate oven about three minutes, or till done. Arrange on a hot dish, spread over a Maitre d'Hotel butter, or serve with quartered lemon, or both. Arrange a wreath of parsley greens around dish.

TOMATO WALDORF SALAD

Peel medium size, sound, firm, ripe tomatoes, cut a thin slice at stem end, and carefully scoop out the center and remove seeds. Then dredge inside a little salt and drain thirty minutes in a cold place, open side down. Fill the tomato cups thus formed with a Waldorf salad mixture. Chill. Serve in crisp lettuce nest. Garnish with pimentos and tomato balls.

FRESH MACKEREL

Mackerel are often split through the stomach without separating the fillets, then cleaned, boned, and broiled as usual, spreading opened fish over broiler; or the fish may be split through the backbone. Carefully wipe the fillets between towels. Marinate them thirty minutes in a little oil to which has been added a little salt and pepper, thin slices of onion and parsley. Broil as usual, basting with the oil of the marinate. When done remove fish to hot serving dish. Spread over a paprika or Maitre d'Hotel butter, and garnish with parsley and quartered lemon; or, spread over the cooked fish the following mixture: Cream, one and a half tablespoonfuls of butter, then rub in a few drops of lemon juice, one and a half tablespoonfuls of nuts, finely chopped, one-half a tablespoonful of parsley, and a dash of chive.

MOLDED SPINACH

Boil, drain, and season spinach. Fill some buttered individual timbale molds with the hot spinach and set at bottom of each mold a slice of hard-boiled egg. Pack solidly. Invert around a hot serving dish with broiled fresh mackerel.

CUCUMBER SALAD

Peel the cucumbers and slice thin, crosswise. Place in ice water and let stand one hour. Drain and wipe between towels. Arrange on crisp lettuce leaves, pour on each dish a tablespoonful of well blended French dressing, and serve at once. If desired, dredge over a little chopped parsley and chive.

The disagreeable bitter flavor of cucumber being most in the green outside, carefully peel all the green parts and cut off the ends at about one inch from the points. Wash and wipe the knife blade occasionally while peeling.

MARCH

SATURDAY

BREAKFAST

Orange Juice ‡
Eggs Scrambled with Chipped Beef *
Toast * Preserves ‡
Milk ‡ Coffee *

LUNCHEON

Stuffed Peppers Italian *
Cold Artichokes, Mayonnaise ‡ *
Water Rolls Toasted *
Iced Pears‡
Milk ‡ Tea *

DINNER

Lobster Cocktail *
Radishes ‡
Meat Balls with Noodles *
Braised Celery ‡
Olive and Nut Salad ‡
Date Pie * ‡
Milk‡ Coffee*

STUFFED PEPPERS ITALIAN

Heat in a saucepan four tablespoonfuls of butter and when hot add half of an onion sliced thin; cook until the onion is brown, add one cupful of washed rice, two cupfuls of meat broth or two beef cubes dissolved in two cupfuls of boiling water, four tablespoonfuls of orange juice and a seasoning of salt; cook until the rice is soft; add two tablespoonfuls of butter and two tablespoonfuls of grated Parmesan cheese; remove the stems, seeds and veins of six large bell peppers and blanch in boiling water; drain well and fill with the cooked rice mixture. Set in a baking pan, add half a cupful of broth and bake until the peppers are tender. Place on a hot platter and pour around tomato sauce.

MEAT BALLS WITH NOODLES

Put through the medium knife of the meat chopper three cupfuls cooked beef freed from all gristle and add to it half a cupful of seedless raisins, a seasoning of salt and paprika, the grated rind of half a lemon, two tablespoonfuls of lemon juice, a pinch of mace and two beaten eggs; roll into six balls, roll in grated bread crumbs, set on a baking pan, brush with melted butter and brown in a medium oven. Boil half a pound of noodles in boiling salted water; drain well and stir into them two tablespoonfuls of melted butter, two teaspoonfuls of chopped parsley, and a seasoning of salt and paprika. Place the noodles on a hot serving platter; place the browned meat balls on the noodles and serve hot.

LOBSTER COCKTAIL

Remove the meat from a two-pound cold boiled California lobster and cut in even sized dice. Mix three-quarters of a cupful of tomato catsup with three teaspoonfuls of lemon juice, twelve drops of tabasco sauce, one tablespoonful of Worcestershire sauce, half a teaspoonful of salt and three tablespoonfuls of very finely chopped white tender celery. Fill chilled glasses two-thirds full with the lobster dice, fill with the sauce and garnish with a slice of lemon dipped in paprika.

OLIVE AND NUT SALAD

Mix in a bowl rubbed with a clove of garlic one cupful of chopped, ripe olives, one cupful of broken walnut meats, one cupful of chopped white celery, one head of crisp lettuce broken in shreds, one chopped green pepper, and half a cupful of lemon French dressing. Serve on lettuce-covered plates and garnish with strips of pimento.

DATE PIE

Remove the seeds from one pound of California dates, place in a double boiler; add two cupfuls of milk and cook until soft; rub through a sieve, add two well-beaten eggs, pour in a pastry-lined pie tin, sprinkle with nutmeg and bake in a medium oven thirty-five minutes.

MARCH

SUNDAY

BREAKFAST

Sliced Peaches and Cream ‡
 Poached Eggs on Toast *
 Waffles * Strawberry Jam ‡
 Milk ‡ Coffee *

DINNER

Hilo Cocktail ‡
 Celery Curls ‡
 Smothered Chicken, Cream Sauce *
 Green Corn ‡ Mashed Potatoes ‡
 Country Club Fruit Salad ‡
 Brick Ice Cream ‡ Banana Sauce ‡
 Light Fruit Cake *
 Milk ‡ Coffee *

SUPPER

Sliced Baked Ham *
 Potato Salad ‡
 Brown Bread Sandwiches *
 Fruit Cup ‡

HILO COCKTAIL

Peel and cut in dice two one-pound avocados, place in a cold bowl, and mix with two peeled and diced oranges, two peeled and diced slices of pineapple, half a cupful of orange juice, the strained juice of one lemon, and half a cupful of Marshino syrup. Set on the ice to chill and serve in tall, cold glasses.

SMOTHERED CHICKEN

Clean and disjoint three young chickens, season with salt and pepper and dust with sifted flour. Heat a Dutch oven, add one and a half cupfuls of thick cream, add the disjointed chickens and turn and cook until nicely browned, add half a cupful of cream, cover the oven tight and cook slowly until the chickens are tender. Remove the chickens to a hot platter. Stir into the fat in the pot three tablespoonfuls of flour and when smooth add slowly, stirring constantly, two cupfuls of milk, bring to a boil, add one tablespoonful of butter broken in small bits and a seasoning of salt and pepper and strain around the chickens. Garnish with finely chopped pimientos and branches of parsley.

COUNTRY CLUB SALAD

Peel and dice the pulp of one grapefruit, place in a cold bowl and mix with two cupfuls of peeled and diced peaches, one cupful of peeled and seeded grapes, and one-third of a cupful of blanched and chopped toasted almonds. Cover six salad plates with Romaine lettuce, mound the fruit mixture on the plates and pour over a dressing made by mixing in a cold bowl six tablespoonfuls of olive oil, two tablespoonfuls of grapefruit juice, two teaspoonfuls of lemon juice, one teaspoonful of salt, half a teaspoonful of paprika, and two tablespoonfuls of fine Roquefort cheese crumbs.

BANANA SAUCE

Peel three bananas, place in a double boiler, add three-quarters of a cupful of sugar and mash smooth with a wooden potato masher; cook until the sugar is dissolved, add three tablespoonfuls of lemon juice and chill.

LIGHT FRUIT CAKE

Beat two-thirds of a cupful of butter to a cream and beat into it slowly two scant cupfuls of sifted flour sifted with one-quarter of a teaspoonful of soda. Beat the whites of seven eggs to a stiff froth and beat into them slowly one and a quarter cupfuls of sifted powdered sugar; combine the mixtures and add half a cupful of chopped candied orange peel, two-thirds of a cupful of seedless raisins, and one-third of a cupful of chopped walnut meats; add one teaspoonful of vanilla extract, pour into a buttered and floured loaf cake tin and bake in a moderate oven one hour.

MARCH

MONDAY

BREAKFAST

Baked Prunes *
Poached Eggs*Toast *
Coffee *Jam ‡
Milk ‡

LUNCHEON

Meat Fritters, Tomato Sauce *
Celery, Apple and Green Pepper
Salad ‡Parker House Rolls *
Mince Pie with Cheese *

DINNER

Consomme with Rice *
Young Onions ‡

Baked Pork Tenderloin*

Lima Beans ‡ Browned Potatoes ‡

Grapefruit Salad ‡
Colonial Pie ‡ *

Milk ‡

Coffee *

MEAT FRITTERS

Sift one cupful of sifted flour with one teaspoonful of salt and one teaspoonful of baking powder and beat into them half a cupful of rich milk, two well-beaten egg yolks, one tablespoonful of olive oil, two well-beaten egg whites and one cupful of cooked meat cut into dice. Drop by tablespoonfuls into deep hot vegetable shortening and fry until nicely browned. Drain out, dry in an open oven and serve with a tomato sauce.

GRAPEFRUIT SALAD

Cut grapefruit in halves and with a sharp knife carefully remove the sections free from the inner skins and seeds. Mix with an equal part of cherries. Cover salad plates with mounds of shredded lettuce, mix with the grapefruit and cherries and pour over all a dressing made by mixing half a teaspoonful of paprika with one teaspoonful of salt, one teaspoonful of powdered sugar, four tablespoonfuls of lemon juice, and two-thirds of a cupful of olive oil.

COLONIAL PIE

Beat four tablespoonfuls of butter to a cream and beat into them three-quarters of a cupful of sugar and two well-beaten eggs; beat smooth and add half a cupful of milk and one and three-quarters cupfuls of sifted flour sifted with two teaspoonfuls of baking powder; beat well, pour into two buttered and floured layer cake tins and bake in a moderate oven. Remove very carefully from the pans, spread between the layers Colonial pie filling and dust the top with powdered sugar.

COLONIAL PIE FILLING

Beat the yolks of two eggs with two tablespoonfuls of sugar mixed with two tablespoonfuls of flour and beat smooth; pour into this mixture slowly one cupful of hot milk, mix well, place in a double boiler and stir and cook until thick and smooth, do not boil. Add a few grains of salt and half a teaspoonful of vanilla. Cool and use.

MARCH

TUESDAY

BREAKFASTBananas with Cream †
Parsley Omelet *Toast *
Milk †Jam †
Coffee ***LUNCHEON**Pig's Feet, Francisco *
Lettuce and Pineapple Salad †
Hot Rolls *
Lemon Tart, Armstrong *

Milk †

Tea *

DINNERPuree of Green Peas †
Pickles †Boiled Beef with Horseradish *
Boiled Carrots † Boiled Potatoes †
Cabbage and Pepper Salad †
Apple Pie with Cheese † *

Milk †

Coffee *

PIGS FEET, FRANCISCO

Have the butcher split four pigs feet, wash well and dry. Tie the feet tight together in pairs with a piece of cheesecloth; place in a pot, add enough water to cover and add one bay leaf, half of a blade of mace, four sprigs of parsley, one stalk of celery, one carrot, one onion, stuck with two whole cloves, six whole black peppers, and a seasoning of salt. Bring slowly to a boil and boil until soft and tender. Remove the cloth, remove the big bones from the halves of the feet, season with salt and pepper, brush with olive oil, roll in fresh bread crumbs and place on an oiled baking pan. Bake in a moderate oven until nicely browned.

Place in a small saucepan one and a half cupfuls of tomato ketchup, half a cupful of conserve (Italian tomato sauce) half a teaspoonful of paprika and two teaspoonfuls of Worcestershire sauce. Bring to a boil and pour over the cooked pigs feet. Garnish with finely chopped parsley.

LEMON TART, ARMSTRONG

Make a rich pie pastry and line a deep eight-inch layer cake tin; fill with dry beans or rice and bake a nice brown; remove the beans and cool.

Beat three egg yolks and three whole eggs until light and beat into them slowly one cupful of sugar. Beat three minutes and add the grated rind and juice of one orange, the grated rind of one lemon, and the strained juice of three lemons. Place the mixture in a double boiler and stir and cook until thick and smooth. Cool slightly, pour into the baked crust, cover with a meringue made with the stiffly beaten whites of three eggs and four tablespoonfuls of sugar. Brown in the oven.

BOILED BEEF

Select a nice four or five-pound piece of brisket of beef, plunge into boiling water and let simmer slowly until tender, do not boil. After the meat has cooked half an hour, add six peeled potatoes, six carrots and a seasoning of salt; cook slowly until the meat is tender and the vegetables are cooked. Lift out the meat to a hot platter, arrange the vegetables around and serve with a horseradish sauce.

HORSERADISH SAUCE

Place in a small saucepan two-thirds of a cupful of freshly grated horseradish and six tablespoonfuls of butter; cover the pan and set in the oven for five minutes. Add one cupful of freshly grated bread crumbs, return to the oven and let stand three minutes. Remove from the oven and add enough of the beef stock to make a thick, creamy sauce, half a teaspoonful of sugar, half a teaspoonful of salt, and a seasoning of pepper.

MARCH

WEDNESDAY

BREAKFAST

Sliced Oranges ‡
Sausage Cakes with *
Broiled Tomatoes ‡

Toast *
Milk ‡

Marmalade ‡
Coffee *

LUNCHEON

Spaghetti, Bolognese *
Royal Salad ‡
Whole Wheat Muffins *
Jelly Cocoanut Cake * ‡

Milk ‡

Tea *

DINNER

Fruit Cocktail ‡
Celery ‡
Barbecued Lamb, Devil Sauce *
Green Peas ‡ Baked Potatoes ‡
Hearts of Lettuce ‡
Roquefort Dressing ‡
Cherry Pudding ‡ *

Milk ‡

Coffee *

SPAGHETTI, BOLOGNESE

Boil three-quarters of a pound of spaghetti in boiling salted water to which has been added one onion stuck with two whole cloves and two teaspoonfuls of butter; cook until the spaghetti is tender, remove the onion and drain in a colander. Mix half a cupful of finely chopped round steak with one slice of finely chopped bacon, one peeled and finely chopped small carrot; and one stalk of white celery finely chopped; melt two tablespoonfuls of butter in a saute pan; cook until the meat and vegetables are nicely browned; add two teaspoonfuls of flour, a seasoning of salt and paprika, and half a cupful of hot water or meat broth; simmer for thirty minutes, add to the cooked spaghetti, reheat, place on a hot platter, sprinkle with grated Parmesan cheese and serve hot.

ROYAL SALAD

Place two thick slices of peeled tomatoes on half a heart of tender lettuce for each person to be served, add branches of water cress, sprinkle with peeled white celery cut in thin match-shaped pieces, and serve with French dressing.

JELLY COCOANUT CAKE

Beat to a cream three-quarters of a cupful of butter and two cupfuls of sifted sugar; add five eggs, one at a time, beating three minutes after the addition of each egg. Sift three cupfuls of sifted flour with two level teaspoonfuls of baking powder and add to the mixture alternately with one cupful of milk and two teaspoonfuls of lemon extract; beat well and bake in three buttered and floured layer cake tins in a top and sides with cocoanut meringue.

COCOANUT MERINGUE

Beat the whites of five eggs to a stiff froth that will hold an egg and fold in carefully one cupful of sugar and one cupful of grated cocoanut; spread over the cake and set in the oven until a light brown.

BARBECUED LAMB

Place the rib of a fore-quarter of spring lamb in a baking pan, pour over two cupfuls of water mixed with one and a half teaspoonfuls of salt, place in the oven and bake until brown, basting often. When nearly cooked add four tablespoonfuls of vinegar and baste well with it. Half an hour before serving make a barbecue sauce to serve with the lamb.

BARBECUE SAUCE

Melt two level tablespoonfuls of unsalted butter in a small sauce pan, add one teaspoonful of mustard, three tablespoonfuls of Worcestershire sauce, one teaspoonful of tarragon vinegar, three tablespoonfuls of tomato ketchup, and a few drops of tabasco sauce, heat and stir in the beaten yolk of one egg.

MARCH

THURSDAY

BREAKFAST

Grapefruit ‡
 Coddled Eggs *
 Grilled Cakes * Maple Syrup ‡
 Milk ‡ Coffee *

LUNCHEON

Pork and Chicken Chop Suey *
 Lettuce and Cress Salad ‡
 Hot Tea Biscuits *
 Chocolate Marshmallow Cake *
 Milk ‡ Tea *

DINNER

Potage Paysanne *
 White Radish Sticks ‡
 Boiled Beef Tongue, Spanish *
 Wax Beans in Butter ‡ Boiled Potatoes ‡
 Asparagus Tip Salad ‡
 Ice Cream with Crushed Berries ‡
 Milk ‡ Coffee *

CHOP SUEY

Trim the fat from one pound of boned pork chops, place the fat in a saute pan and cut the pork in small cubes. Fry out the fat, add two medium sized onions cut in thin slices and cook until soft and clear; add the pork dice and cook ten minutes; add half a pound of cooked diced chicken, four cupfuls of bean sprouts, four cupfuls of thinly sliced tender celery, and half a cupful of Japanese soy; cook until the celery and bean sprouts are tender, add a seasoning of salt and serve very hot in a border of seasoned steamed rice.

CHOCOLATE MARSHMALLOW CAKE

Melt three squares of unsweetened chocolate in a double boiler with three tablespoonfuls of butter; add half a cupful of boiling water and one cupful of sugar and beat hard; pour into a bowl and beat in one well beaten egg and four tablespoonfuls of sour milk. Sift one cupful of sifted flour with three-quarters of a teaspoonful of soda and one-quarter of teaspoonful of salt and beat into the mixture with one teaspoonful of vanilla. Pour into three buttered and floured layer-cake tins and bake in a moderate oven. Cool on a wire cake rack, spread between the layers and on the top and sides marshmallow cream filling.

TONGUE, SPANISH

Cover a cleaned beef tongue with water, bring to a boil and boil one hour; drain, plunge into cold water and remove the skin; return to the fire, cover with boiling water, add one small onion stuck with three whole cloves, two sprigs of parsley, one carrot, two stalks of celery, and three whole pepper corns and simmer until tender, about two hours. Place in a saute pan three tablespoonfuls of butter, melt, add one thinly sliced large onion and cook until a light brown; add three finely chopped green peppers, seven peeled and chopped tomatoes, and a seasoning of salt and pepper; simmer forty-five minutes. Lift out the tongue onto a hot platter and pour over the Spanish sauce. Garnish with ripe olives, slices of lemon and parsley.

MARCH

FRIDAY

BREAKFAST

Baked Apple ‡
 Poached Eggs *
 Hot Cornbread * Honey ‡
 Milk ‡ Coffee *

LUNCHEON

Spanish Egg Salad *
 Fig Bread and Butter Sandwiches *
 Lemon Pie *
 Milk ‡ Tea *

DINNER

Boiled Salmon, Hollywood *
 Baked Squash ‡
 Potatoes, Hollandaise ‡
 Hearts of Lettuce ‡
 Thousand Island Dressing *
 Coffee ‡ Jelly ‡ Small Cakes *
 Milk ‡ Coffee *

SPANISH EGG SALAD

Rub a cold bowl with garlic, remove the garlic and mix in the bowl six chopped hard-boiled eggs, half a cupful of chopped American cheese, half a cupful of chopped white celery, three tablespoonfuls of chopped pimientos, one tablespoonful of chopped sweet green peppers, a seasoning of salt and paprika, and a half a cupful of Russian dressing. Serve on lettuce covered plates and garnish with ripe olives.

SALMON, HOLLYWOOD

Place two two-inch slices of salmon in a saucepan with one tablespoonful of salt, six whole pepper corns, a kitchen bouquet, one tablespoonful of lemon juice, two tablespoonfuls of orange juice and four cupfuls of water. Bring to a boil and simmer slowly for twenty-five minutes. Place in a saucepan four tablespoonfuls of butter, heat and stir in five tablespoonfuls of sifted flour and when it bubbles, stir in one and three-quarters cupfuls of the strained stock that the salmon was boiled in and stir and boil for five minutes. Take to the side of the stove and stir in one slightly beaten egg yolk, stir until the yolk is well mixed, add two-thirds of a cupful of cream and a seasoning of salt and pepper; strain the sauce into a clean saucepan, add one cupful of cleaned and cooked shrimps and twenty poached small oysters. Pour over the salmon and sprinkle over all two tablespoonfuls of finely chopped pimiento and one tablespoonful of finely chopped parsley.

POTATOES, HOLLANDAISE

Peel and cut six potatoes in eggshaped pieces and cook until tender in salted water; drain and pour over the potatoes four tablespoonfuls of melted butter and sprinkle with finely chopped parsley.

COFFEE JELLY

Soak two tablespoonfuls of granulated gelatine in one-third of a cupful of cold water for five minutes and stir into it two cupfuls of strained, boiling, black coffee infusion; add two-thirds of a cupful of sugar and stir until the gelatine and sugar are dissolved, add half a cupful of boiling water, stir five minutes and add four tablespoonfuls of sherry wine flavor. Strain into individual wetted molds and set in the ice box to harden. Unmold on a round piece of sponge cake, spread with tart jelly and decorate with whipped cream.

SATURDAY

Milk ‡ Coffee *

Milk † Tea *

Milk ‡ Coffee *

Scald one cup of cornmeal with boiling water to cover. Cool and add to it one and a half cup of sifted flour sifted with four level teaspoons of baking powder, half a teaspoon of salt, and one and a half level tablespoons of sugar; mix well and beat in the well-beaten yolks of three eggs, one and a quarter cups of milk and three tablespoons of melted butter; mix well and just before baking add the stiffly-beaten whites of three eggs and bake in a hot well-greased waffle iron.

Cover two cups of stale bread cubes with two and a half cups of milk, add half a cup of sugar and let stand ten minutes; add the beaten yolks of two eggs and pour into a buttered pudding dish; cover the top with bits of bright tart fruit jelly and cover all with a meringue made with the stiffly-beaten whites of two eggs and four tablespoons of sugar; flavor the meringue with vanilla and bake in a slow oven forty minutes.

Cover one and a half cups of dried lima beans with cold water and let stand overnight; drain, place in a saucepan with half a sliced onion and four cups of hot water; bring to a boil and simmer until the beans are soft; press through a collander into a clean saucepan and stir in one tablespoon of butter rubbed to a cream with one tablespoonful of flour and two cups of milk; cook slowly for fifteen minutes; add a seasoning of salt, pepper, and mace and serve with croutons.

Dissolve one tablespoon of sugar in half a cup of sour cream and mix with them one teaspoon of dry mustard, half a cup of hot vinegar, one teaspoon of salt, half of a finely chopped onion, and a few grains of cayenne pepper; mix with shredded lettuce and serve while warm.

For the shell sift one cup of sifted flour with one-quarter of a teaspoon of salt and chop into it with a pastry knife one-third of a cup of lard; when the lard is well mixed work in slowly enough ice water to make a stiff paste, about four tablespoons. Place in the ice box for four hours or until well chilled. Roll out on a floured board and lay in a medium-sized pie tin. Crinkle the edge with the fingers and fill with the pumpkin mixture. For the pumpkin mixture beat two eggs and beat into them two cups of steamed and mashed pumpkin, one cup of sifted brown sugar, one teaspoon of cinnamon, one-quarter of a teaspoon of cloves, one-quarter of a teaspoon of ginger, one-quarter of a teaspoon of allspice, one-quarter of a teaspoon of nutmeg, half a teaspoon of salt, and one and a half cups of milk. Pour into the pastry-lined pie tin, set in a moderate oven for ten minutes, reduce the heat and bake slowly for twenty-five minutes. Cool and serve with a slice of American cheese.

MARCH

SUNDAY

BREAKFAST

Sliced Oranges ‡
 Eggs Scrambled with Bacon *
 Toasted Muffins *
 Milk ‡ Marmalade ‡ Coffee *

DINNER

Avocado Cocktail, Hawaiian ‡
 Celery ‡ Toasted Almonds ‡
 Baked Stuffed Shoulder of Pork *
 Apple Sauce ‡
 Browned Turnips ‡
 Sweet Potatoes ‡
 Milk ‡ Brick Ice Cream, Fig Sauce ‡ Coffee *

SUPPER

Macaroni with Anchovies *
 Lettuce Salad ‡
 Prune Cake *
 Cider ‡

AVOCADO COCKTAIL

Peel avocados, split, remove the seed, cut in strips and cut the strips in dice. To three cupfuls of the avocado dice add the strained juice of two oranges, half a cupful of chopped preserved ginger, two tablespoonfuls of the preserved ginger syrup, half a cupful of chopped preserved cherries, and two teaspoonfuls of lemon juice. Chill and serve in six cocktail glasses.

BAKED SHOULDER OF PORK

Have the butcher remove the bone from a shoulder of pork. Mix three cupfuls of mashed potatoes with one teaspoonful of sage, and a seasoning of salt and pepper. Place the potato mixture in the shoulder of pork, sew up and place in a baking pan covered with one sliced onion, two sliced apples, one crushed bay leaf, three whole cloves, and two branches of parsley. Place in hot oven for fifteen minutes, reduce the heat and bake until well done, twenty-five minutes to the pound. Baste often. Lift out the shoulder to hot serving dish. Skim the fat from the gravy, add to the gravy two tablespoonfuls of browned flour, boil up and strain into a sauce boat.

FIG SAUCE

Place in a saucepan two cupfuls of chopped dried figs, one cupful of sugar, two tablespoonfuls of grated orange rind, one tablespoonful of lemon juice, and two cupfuls of water: bring to a boil and simmer until the figs are soft. Cool and serve over slices of brick ice cream.

MACARONI WITH ANCHOVIES

Boil half a pound of macaroni in boiling salted water, drain and keep hot. Heat one-third of a cupful of butter in a frying pan, add one dozen boned and chopped anchovies, three tablespoonfuls of chopped capers, one small clove of garlic finely chopped, and one dozen pitted and chopped ripe olives; cook until brown, add the cooked macaroni and half a cupful of grated Parmesan cheese. Heat and serve.

PRUNE CAKE

Beat half a cupful of butter to a cream with one cupful of sugar and beat until smooth; add two well beaten eggs and beat well. Add two cupfuls of sifted flour sifted with three level teaspoonfuls of baking powder, one teaspoonful of cinnamon, half a teaspoonful of cloves, half a teaspoonful of nutmeg; add one cupful of prunes that have been cooked and rubbed through a sieve. Beat smooth, pour into two buttered and floured baking pans and bake in a moderate oven. Remove from the pans, cool and spread between the layers, prune filling.

PRUNE FILLING

Remove the pits from one cupful of washed prunes and run through the fine knife of the meat chopper; mix the chopped prunes with one-third of a cupful of orange marmalade, one teaspoonful of lemon juice, and one-third of a cupful of chopped walnut meats. Mix well, and spread between the layers.

MARCH

MONDAY

BREAKFAST

Stewed Rhubarb and Raisins †
Parsley Omelet *

Toast *
Milk †

Marmalade †
Coffee *

LUNCHEON

Tripe Saute, Lyonnaise *
Sliced Tomatoes †
Corn Bread *
Apricots Sacramento † *

Milk †

Tea *

DINNER

Potage Mabelle *
Ripe Olives †
Leg of Lamb, Mint and Currant Sauce *
String Beans † Browned Potatoes †
Apple and Celery Salad †
Ginger Pudding † *

Milk †

Coffee *

TRIPE LYONNAISE

For six servings place half a cup of butter in a saute pan, heat and add three peeled and sliced onions and cook until the onions are clear; add two pounds of cleaned and blanched tripe cut in narrow strips and a seasoning of salt and pepper; cook until the onions and tripe are a nice golden color; drain off the butter, place the tripe on a hot platter, sprinkle with finely chopped parsley and garnish with slices of lemon dipped in paprika and powdered parsley.

APRICOTS SACRAMENTO

Wash and drain well half a cup of California rice and place in a sauce pan with two cups of milk, one-quarter of a teaspoon of salt, two tablespoons of grated orange rind, one tablespoon of grated lemon rind, and four tablespoons of sugar; set over a slow fire and cook for forty-five minutes, stir often to keep from sticking. Mound on a round serving dish. Place a large can of preserved apricots in a sauce pan, bring to a boil and lift out the halves of apricots and place them over the mound of rice. Heat the syrup, add two teaspoons of almond extract and two tablespoons of chopped and toasted almonds; pour over the apricots and rice and serve hot or cold.

POTAGE MABELLE

Place four cleaned calf's feet in a pot, add four cups of cold water, cover the pot, bring slowly to a boil and simmer gently until the meat will leave the bones; lift out the feet and add to the stock two cups of boiling water, two stalks of celery, half of a bay leaf, one onion stuck with three whole cloves, two branches of parsley, and one scraped carrot; cover and simmer for two hours; strain, cool, and remove the grease; place back on the fire, heat and add the meat from the feet cut in small dice; beat two eggs and pour into them slowly, beating constantly, one cup of the hot soup; add to the soup one cup of hot milk and the egg mixture; stir and cook two minutes; add a seasoning of salt and paprika and serve with croutons.

GINGER PUDDING

Beat to a cream two tablespoons of butter and beat into it two eggs and a few grains of salt; beat well and beat in gradually three tablespoons of sugar. Add one tablespoon of grated preserved ginger, half of a cup of stale cake crumbs, one cup of milk, and one teaspoon of vanilla extract. Beat five minutes and pour into six lightly buttered individual custard molds; place the molds in a small pan half filled with boiling water and place in a hot oven for thirty minutes. Unmold on dessert plates and pour over an orange cream custard sauce.

MARCH

TUESDAY

BREAKFAST		
	Grapefruit ‡	
	Cheese Omelet *	
	Sour Cream Biscuits *	
Milk ‡	Honey ‡	Coffee *
LUNCHEON		
	Abalone Steak, Tartar Sauce *	
	Potato Chips ‡	
	Cucumber and Cress Salad ‡	
	Hot Rolls *	
Milk ‡	Pumpkin Pie * ‡	Tea *
DINNER		
	Cream of Vegetables ‡	
	Radishes ‡	
	Lamb Stew with Dumplings *	
	Romaine and Grapefruit Salad ‡	
Milk ‡	Chocolate Souffle *	Coffee *

SOUR CREAM BISCUITS

Sift four cupfuls of sifted flour with half a teaspoon of soda and pinch of salt and rub into them two tablespoonfuls of butter. Work to a smooth dough with one cupful of slightly soured cream; roll very thin on a floured board, cut in rounds and bake five minutes in a hot oven.

ABALONE STEAK

The abalone steaks can be bought from the fish market all ready to cook. Dust with flour and fry until tender in one tablespoonful of olive oil and four tablespoonfuls of butter heated in a saute pan. Place on a hot platter, garnish with slices of lemon and parsley branches and serve with tartar sauce.

TARTAR SAUCE

Mix one cupful of mayonnaise with two tablespoonfuls of chopped parsley, one teaspoonful of chives, one teaspoonful of tarragon vinegar, one finely chopped young green onion and one tablespoonful of chopped capers.

CREAM OF VEGETABLES

Place in a saucepan one cupful of chopped raw ham, add three peeled and chopped carrots; two peeled, chopped turnips, three peeled and chopped onions; two peeled and chopped potatoes, and a seasoning of salt; add four cupfuls of meat stock and simmer one hour; add three cupfuls of milk, heat, do not boil, and strain into a soup tureen and serve at once.

LAMB STEW

Cover two pounds of breast of lamb cut in two-inch pieces with boiling water, bring to a boil and add a bundle made with one stalk of celery, two sprigs of parsley, half a bay leaf, half a carrot and two whole cloves, simmer thirty minutes and add four parboiled onions and twelve young carrots; cover and cook until the meat and vegetables are tender, thicken with three tablespoonfuls of flour made to a paste with half a cupful of water. Pour the stew into a deep platter, garnish with dumplings and sprinkle over all chopped parsley.

DUMPLINGS

Sift into a bowl one and a half cupfuls of sifted flour sifted with three level teaspoonfuls of baking powder and half a teaspoonful of salt; work in one tablespoonful of butter and work to a smooth dough with one-half cupful of milk; roll out on a floured board, shape with a biscuit cutter and steam over hot water on a buttered perforated tin covered for fifteen minutes.

CHOCOLATE SOUFFLE

Mix three level teaspoonfuls of cornstarch with one-half cupful of milk and when it is smooth add one-third of a cupful of powdered sugar and four level tablespoonfuls of butter; place the mixture in a saucepan and stir over the fire until it boils; remove and stir until cold and then add the yolks of two eggs and three level tablespoonfuls of grated chocolate; beat until smooth, add the stiffly beaten whites of two eggs and pour into a buttered souffle dish and bake in a moderate oven forty minutes. Serve in the same dish.

MARCH

WEDNESDAY

BREAKFAST

California Prunes *
 Parsley Omelet *
 Toasted Raisin Bread *
 Milk ‡ Jam ‡
 Coffee *

LUNCHEON

Krop Kakor * ‡
 Hearts of Lettuce ‡
 French Dressing ‡
 Hot Corn Bread *
 Apricot Souffle * ‡
 Milk ‡ Tea *

DINNER

Crab Gumbo *
 Radishes ‡
 Spanish Meat Pie *
 Green Peas ‡
 Fried Sweet Potatoes ‡
 Romaine and Apple Salad ‡
 Date Cake, Marshmallow Icing ‡ *
 Milk ‡ Coffee *

KROP KAKOR**(Swedish Dumplings)**

Grate four peeled raw potatoes and mix with four cooked riced potatoes, two cups of sifted flour and half a teaspoon of salt. Knead to a smooth dough. Run the meat from one lamb chop, half a pound of lean salt pork and one onion through the fine knife of the meat chopper and mix with a seasoning of salt, pepper, nutmeg and half a teaspoon of sugar. Divide the dough into twelve even-sized pieces, flatten out, divide the meat mixture evenly onto the twelve pieces, cover with the dough, and roll into balls. Drop into boiling salted water and boil half an hour; drain, place on a hot platter and pour over melted butter.

CORN BREAD DIXIE

Sift two cups of yellow corn meal with one cup and a half of white flour, one tablespoon of sugar, one teaspoon of salt and six level teaspoons of baking powder. Add to these two well-beaten eggs, two tablespoons of melted butter, and one and a half cups of milk, beat smooth, pour into a buttered shallow baking pan, brush with melted butter and bake twenty-five minutes in a hot oven.

APRICOT SOUFFLE

Rub twelve halves of cooked apricots through a sieve. Place in a saucepan two tablespoons of butter, half a cup of sugar; half a cup of water, and half a cup of milk; stir until it boils, add the apricots and stir and cook eight minutes. Remove from the fire and beat in slowly the well-beaten yolks of four eggs, fold in the stiffly beaten whites of four eggs, pour into a buttered baking dish and bake until firm in a moderate oven. Serve as soon as removed from the oven.

CRAB GUMBO

Melt in a saucepan one tablespoon of butter and one tablespoon of lard; add one chopped onion, one finely chopped clove of garlic, half a pound of chopped raw beef, half a cup of chopped ham, one bay leaf and one Jap chili pepper; stir and cook two minutes, add two tablespoons of flour, mix well, pour in four cups of water and simmer two hours. Stir into a clean saucepan, add two cups of cooked crab meat, two-thirds of a cup of washed rice and one cup of canned okra, and four cups of warm water. Simmer for one hour and serve very hot with toasted French bread.

SPANISH MEAT PIE

Place two pounds of chopped round steak in a deep earthenware or glass baking dish, cover with one chopped onion, half a cup of seeded raisins, eighteen stoned and chopped ripe olives; two peeled and chopped tomatoes, two tablespoons of olive oil, a seasoning of salt and pepper, and enough meat stock to moisten. Cover with a short pie crust and bake one hour in moderate oven.

MARCH

THURSDAY

BREAKFAST

Sliced Oranges ‡
 Fried Hominy * Honey ‡ Crisp Bacon *
 Milk ‡ Coffee *

LUNCHEON

Stuffed Cabbage, Martha ‡
 Sliced Tomatoes ‡
 Hot Rolls *
 Pineapple Jelly ‡
 Milk ‡ Tea *

DINNER

Purée of Tomatoes ‡
 Ripe Olives ‡
 Planked Ham Steak *
 Brussels Sprouts ‡ Buttered Rice *
 Lettuce and Pepper Salad ‡
 Banana Pie ‡ *
 Milk ‡ Coffee *

STUFFED CABBAGE

Run through the fine knife of the meat chopper half a pound of lean boiled ham and half a pound of cooked beef; add to the meat one small onion and one seeded green pepper and run through the chopper again. Season high with salt, nutmeg, paprika and allspice; add one beaten egg, one tablespoonful of catsup and enough water to moisten. Boil a small head of cabbage for twenty minutes; cut out the stalk with a sharp knife and fill the cavity with the meat mixture; tie over the whole a piece of the stalk and steam one hour. Serve with melted butter.

PUREE OF TOMATOES

Bring one quart of milk to a boil and stir into it two tablespoonfuls of butter and a seasoning of salt and pepper. Bring two cupfuls of strained tomatoes to a boil, add one-quarter of a teaspoonful of soda and half a cupful of cracker crumbs; stir the tomatoes into the hot milk and serve at once.

PLANKED HAM STEAK

Have the butcher cut a two and half pound slice from the center of good ham; place in a baking dish, almost cover with cider, sprinkle with two teaspoonfuls of whole cloves and bake two hours or until tender. Lift out to a hot platter and garnish with mounds of seasoned rice and Brussels sprouts.

LETTUCE AND PEPPER SALAD

Rub a cold bowl with a clove of crushed garlic, remove the garlic and mix in the bowl two heads of shredded lettuce, two chopped seeded green peppers, one chopped pimiento and a dressing made by mixing until smooth half a teaspoonful of salt, one-quarter of a teaspoonful of paprika, two tablespoonfuls of lemon juice, four tablespoonfuls of olive oil, four tablespoonfuls of thick cream and one chopped hard-boiled egg.

MARCH

FRIDAY

BREAKFAST

Grapefruit ‡
 Poached Eggs Santa Barbara *
 Corn Muffins * Jam ‡
 Milk ‡ Coffee *

LUNCHEON

Back Bay Fish Pie *
 Lettuce Hearts, French Dressing ‡
 Rice and Raisin Pudding * ‡
 Custard Sauce ‡
 Milk ‡ Coffee *

DINNER

Cream of Clams *
 Hearts of Celery ‡
 Darne of Salmon Columbia *
 Parsnips ‡ Mashed Potatoes ‡
 Lettuce, Thousand Island Dressing ‡ *
 Cranberry Pie *

POACHED EGGS SANTA BARBARA

Make a cream sauce of one and a half tablespoonfuls of butter, two tablespoonfuls of flour, three-quarters of a cupful of milk and four tablespoonfuls of cream. Wash half a cupful of California oysters and poach in boiling water three minutes, drain and add to the cream sauce with six cooked shrimps cut in small pieces, six thinly sliced canned mushrooms, a seasoning of salt and paprika and one tablespoonful of cider; mix well and boil five minutes. Pour over poached eggs on toast and serve.

BACK BAY FISH PIE

Pick half a pound of salt codfish in flakes and soak in water overnight, free from all bones and skin. Slice four hard-boiled eggs in thin slices and slice four peeled onions. Line the bottom of an earthenware baking dish with a thin layer of sliced boiled potatoes, cover with a layer of fish, then a layer of sliced eggs; continue this method until the dish is full, season each layer with a little black pepper and pour over half a cupful of water, in which has been mixed one teaspoonful of Worcestershire sauce, and one teaspoonful of anchovy sauce. Break two tablespoonfuls of butter in small bits and strew over the top; cover with a rich pie pastry and bake in a moderate oven for one hour.

RICE PUDDING

Cover two cupfuls of cold cooked rice with cold water and with a fork separate the kernels; pour into a sieve and let drain one hour; spread half the rice over the bottom of a buttered pudding dish, cover with half a cupful of seedless raisins and cover the raisins with the remaining rice. Beat two eggs in a bowl and gradually beat into them half a cupful of sugar, one and a half cupfuls of scalded milk, one teaspoonful of lemon juice and one teaspoonful of lemon extract; strain this mixture over the rice and raisins, dust with powdered cinnamon, set dish in a pan of hot water and place in a slow oven until firm in the center. Serve with lemon custard sauce.

DARNE OF SALMON, COLUMBIA

The darne of salmon is the middle cut from a whole salmon. Strew over the bottom of a stew pan two tablespoonfuls of chopped carrots, two tablespoonfuls of chopped onions, two teaspoonfuls of chopped parsley, one teaspoonful of peppercorns, half a bay leaf and two tablespoonfuls of chopped parsley. Lay in the darne of salmon, sprinkle lightly with salt, pour over two cupfuls of cider, two cupfuls of light broth, dot with three tablespoonfuls of butter broken in small bits and cover with a piece of buttered paper, bring to a quick boil and simmer slowly one hour. Lift out the fish, remove the skin and mask with Remoulade sauce.

MARCH

SATURDAY

BREAKFAST

Sliced Figs †
Spanish Omelet *

Toast *
Milk †

Jam †
Coffee *

LUNCHEON

Shrimp Salad *
Hot Rolls *

Milk †

Tea *

DINNER

Consomme with Tomatoes † *
Young Onions †
Ham Baked in Cider *
Browned Turnips † Stuffed Potatoes † *
Fruit Salad †
Custard Bread, Orange Sauce † *
Milk † Coffee *

SHRIMP SALAD

Place in a cold bowl one cupful of peeled and diced cucumbers, two cupfuls of cooked and peeled shrimps, three chopped hard-boiled eggs, two-thirds of a cupful of peeled and diced celery, one chopped pimiento, one chopped sweet green pepper, two teaspoonfuls of salt and half a teaspoonful of paprika. Add one cupful of lemon French dressing, let stand fifteen minutes, drain and divide onto six lettuce-covered plates. Cover with cream salad dressing and garnish with ripe olives.

PEACH PIE

Line a deep pie pan with a good pastry. Mix four cupfuls of peeled and sliced peaches with one and a quarter cupfuls of sugar, one quarter teaspoonful of salt, one-third of a teaspoonful of ground cinnamon and one and a half tablespoonfuls of flour. Place the mixed peaches in the pastry-lined pan, pour over all three tablespoonfuls of water, dot with two tablespoonfuls of butter broken in small bits, cover with pastry and bake in a moderate oven.

BAKED HAM IN CIDER

Wash a ten-pound ham, dry and rub into the fleshy side half a teaspoonful of cloves mixed with one teaspoonful of cinnamon and half a teaspoonful of ginger. Mix eight cupfuls of sifted flour with four cupfuls of water to a stiff smooth paste, roll out and wrap the ham in it. Place the ham skin side down in a baking pan, fill the pan with cider and bake slowly, basting often, for three hours. One hour before serving remove the paste and the skin, place in a baking pan flesh side down, brush the fat with beaten egg, sprinkle with brown sugar mixed with bread crumbs and chopped parsley and bake thirty minutes. Make a sauce by reducing the cider the ham was boiled in.

STUFFED POTATOES

Wash six large, even-sized potatoes, dry and rub with olive oil; place in the oven and bake until soft; remove from the oven cut a slice from the side, scoop out, be careful not to break the skins and mix the potato with one egg, one tablespoon of butter, a seasoning of salt and paprika and two teaspoonfuls of finely chopped parsley. Fill the potato skins with this mixture, brush with melted butter and brown in the oven.

CUSTARD BREAD

Take three pie pans. In one place sweet milk mixed with a teaspoonful of powdered sugar; in the second place four well-beaten whole eggs; in the third place sifted brown sugar. Cut twelve slices of stale bread, dip first in the milk, then in the beaten eggs, roll in the brown sugar and fry a nice brown on both sides in hot butter. Place on plates, sprinkle with powdered sugar and serve with orange or cider sauce.

MARCH

SUNDAY

BREAKFAST

Baked Apple†
 Boiled Rice and Cream * †
 Shirred Eggs*

Toast*
 Milk†

Jam†
 Coffee*

DINNER

Potage Lamballe † *
 Ripe Olives†
 Baked Chicken, Oyster Stuffing *
 Cranberry Jelly*
 Green Peas† Mashed Potatoes†
 Hearts of Lettuce† Roquefort Dressing†
 Mock Biscuit Tortoni*†
 Milk† Coffee*

SUPPER

St. Francis Waffles *
 Preserves†
 Chocolate †

POTAGE LAMBALLE

Heat three cups of consomme and add to it four tablespoons of cooked tapioca and three cups of puree of green peas, mix well and serve with croutons.

BAKED CHICKEN

Clean dress, stuff, sew, and truss a three and half or four-pound tender chicken. Rub the skin with salt and pepper and if any part of the skin is bruised, dredge over the bruised spot a little flour. Rub the chicken with melted butter and set on its back on a rack in a baking pan to which has been added one tablespoon of olive oil; set in a hot oven for about fifteen minutes or until it is a light brown, then gradually reduce the heat to a medium hot oven. Baste every six minutes, the first two times with one and a half tablespoons of melted butter, after that with the liquor in the pan. Turn the chicken over twice so that it will brown evenly. Bake until tender, about fifty to sixty minutes.

OYSTER STUFFING

Mix one cup of soft bread crumbs with four tablespoons of melted butter, one and a third cups of drained small California oysters, two tablespoons of milk, half a teaspoon of black pepper, half a teaspoon of salt and one tablespoon of chopped parsley, and one teaspoon of onion juice.

MOCK BISCUIT TORTONI

Soak one tablespoon of granulated gelatine in half a cup of cold water for twenty minutes. Beat one egg and beat into it one-third of a cup of sifted sugar and add gradually, beating constantly, one cup of scalded milk; place in the top of a double boiler and stir over the fire until the mixture is creamy and clings to the spoon; remove from the fire, add the gelatine, cool slightly, and stir until it starts to thicken. Add one cup of macaroon crumbs, half a cup of seedless raisins, and one teaspoon of vanilla extract; fold in one cup of whipped cream and pour into a wet mold, set in a cold place to harden and when ready to serve unmold on a cold plate and garnish with whipped cream flavored with vanilla.

ST. FRANCIS WAFFLES

Beat the yolks of three eggs with four tablespoons of sugar until light and creamy, add two cups of milk, the stiffly beaten whites of three eggs, two and three-quarter cups of sifted flour, sifted with five level teaspoons of baking powder, and a pinch of salt; beat well and beat in half a teaspoon of olive oil and four tablespoons of melted butter, flavor with a few drops of vanilla and bake in a hot waffle iron. This batter is thinner than the ordinary waffle batter.

MARCH

MONDAY

BREAKFAST

Baked Apples and Raisins†
 Creamed Codfish* Potato Cakes †
 Whole Wheat Muffins* Jam†
 Milk† Coffee*

LUNCHEON

Italian Salad † Salmon Chops* Crescents *
 Bavarian Apple Pie*†
 Tea*

DINNER

Soup A la Paysanne*
 Macaroni and Kidney Beans*†
 Creamed Carrots †
 Baked Hashed Brown Potatoes †
 Banana Salad †
 Tea* Apricot Shortcake * † Coffee*

SALMON CHOPS

Two cupfuls salmon, free from skin and bones, two cupfuls very thick white sauce, one tablespoonful onion juice, one tablespoonful lemon juice, two teaspoonfuls Worcestershire or anchovy sauce, finely sifted bread crumbs, salt and pepper.

Mix the salmon, sauce and seasoning together. Sprinkle some dry crumbs in a pan and put in the mixture about two inches deep. Put away on ice or cool place until ready to use. Cut out a square at a time of this mixture and with some of the finely sifted bread crumbs shape it like little lamb or rib chops. Have the mixture as soft as can be handled. Place the chops in oiled baking pan and sprinkle a little oil over the top and bake in a very hot oven ten minutes. Garnish with sprigs of parsley, pieces of lemon and serve with sauce Tartare or Norwegian sauce. This makes a nice dish with less trouble and is more economical than croquettes, which are cooked in deep fat. This mixture may be shaped as croquettes and baked in the oven the same way.

BAVARIAN APPLE PIE

Line a deep pie dish with rich pie paste. Let bake and fill with chopped apples, raisins and chopped nuts, sugar and a pinch of cinnamon and nutmeg. Then cover with cake crumbs and let bake until done. Beat three whites of eggs with pulverized sugar; flavor with lemon and spread over the pudding. Set in the oven a few minutes to brown on top.

MACARONI AND KIDNEY BEANS

One cupful macaroni, one teaspoonful salt, one quart water, one half pint tomato sauce, one can or one pint cooked kidney beans.

Break the macaroni into one inch pieces. Cook in boiling salted water until the macaroni is soft enough to crush between the fingers, which will require from twenty minutes to one hour. When the macaroni is soft, drain and pour a cupful of cold water through it. Prepare a cream tomato sauce as follows:

Two tablespoonfuls flour, two tablespoonfuls butter, three-quarters cupful milk, one-half teaspoonful salt, one-quarter cupful strained tomato. Heat the milk to scalding, rub the butter and flour together, and pour slowly into it the hot milk. Set over the flame and cook for five minutes. Add the strained tomato, and turn into this sauce the thoroughly dried macaroni and the can of cooked kidney beans. If desired, more salt may be added. When these ingredients are thoroughly heated, drain into a vegetable dish, and serve. This dish should be stirred carefully as the beans mash easily.

BAKED HASHED BROWN POTATOES

Two large potatoes, one tablespoonful butter, one cupful milk, one tablespoonful chopped onion, one tablespoonful minced parsley, one tablespoonful flour, one teaspoonful salt, one-quarter teaspoonful pepper.

Wash and pare the potatoes and cut into dice. Melt the butter; blend with it the flour, salt and pepper. Add the milk and stir until it boils. Butter a baking dish. Put in a layer of potato. Sprinkle over it half of the onion and parsley, then the remainder of the potato and parsley. Pour the sauce over it and bake in a hot oven for half an hour, or until soft. Cover for the first fifteen minutes, then remove and brown.

MARCH

TUESDAY

BREAKFAST

Orange and Cocoanut†

Cheese Omelet*

Whole Wheat Muffins*

Marmalade†

Milk†

Coffee*

LUNCHEON

Lucanian Eggs*

Pear Salad with Mayonnaise†*

Parker House Rolls*

Milk ‡

Tea *

DINNER

Minced Clam Chowder*

Dill Pickles†

Baked Fillets with Oysters*

Baked Potatoes ‡

Young Onions in Cream†

White Cabbage Salad†

Apple Pie and Cheese ‡

Tea*

Coffee*

WHOLE WHEAT MUFFINS

See page 145

LUCANIAN EGGS

Five hard-boiled eggs, one cupful cooked macaroni, one-half cupful grated cheese, essence anchovy, one and three-quarters cupful thin white sauce, salt and paprika, onion juice, three-quarters cupful buttered crumbs.

Cut eggs in eighths lengthwise, add macaroni, white sauce and seasonings. Arrange in buttered baking dish, cover with buttered crumbs and bake until the crumbs are brown.

BAKED FILLETS WITH OYSTER

Two pounds fillet of whitefish, six tablespoonfuls butter, one tablespoonful finely minced parsley, salt and paprika, one-half pint oysters, juice one lemon, one cupful milk, three tablespoonfuls flour.

Oil a baking pan and lay in the fillets sprinkling them with salt and pepper. Scald the oysters and strain off the juice. Melt four tablespoonfuls butter, add the oyster juice and lemon juice and pour this over the fillets. Place in a hot oven and bake fifteen minutes. Heat the cupful of milk. Melt the remaining two tablespoonfuls of butter and stir in the flour, allow to cook together and add the hot milk, beating it with a whip until smooth. Season with salt and pepper and add the oysters. Remove the fillets to a hot platter. Add the liquid in baking pan to the sauce, add the parsley, pour it over the fillets and serve at once.

CABBAGE SALAD

Procure a tender cabbage, cut out the stalks and ribs, and take a number of the thinnest leaves and shred them into narrow strips. Cut two thin rashers of bacon into small squares, place them in a frying pan and fry them until they commence to color; move the pan off the fire, pour in a cupful each of vinegar and water, seasoning with salt and pepper and again place the pan over the fire, stirring its contents until quite hot. Arrange the salad on lettuce-covered plates and pour dressing over.

MARCH

WEDNESDAY

BREAKFAST

Stewed Raisins and Prunes†*
 Corn Beef Hash and Poached Eggs*
 Toast * Jelly †
 Milk‡ Coffee*

LUNCHEON

Escaloped Mushrooms†
 Bran Scones*
 Chicory and Celery Salad †
 Chocolate Custard Pie *
 Tea*

DINNER

Noodle Soup* Pickles†
 Celery† Fish Custard*
 Diced Potatoes † Baked Squash †
 String Beans and Mayonnaise†*
 Orange Charlotte†
 Tea* Coffee*

ESCALLOPED MUSHROOMS

Trim and peel very large mushrooms, and fry them in olive oil for a few minutes. Cover the bottom of a baking dish with finely chopped raw ham, then a few of the mushrooms, with chopped onions and parsley, alternating until the pan is full; finish off with a sprinkling of grated bread crumbs, dot with butter and bake about an hour in a slow oven.

CHOCOLATE CUSTARD PIE

Bake a rich pie crust. Put one quart of milk in a double boiler, when quite warm, mix six tablespoonfuls grated chocolate to a paste with some of it. When milk is scalding hot pour in the chocolate and boil four minutes. Cool. Beat the yolks of four eggs very light, then beat in three-quarters of a cup of sugar; put a pinch of salt in the whites of two eggs and beat slightly, stir into yolk mixture; add one teaspoonful vanilla; and then add all to the lukewarm milk. Stir and pour this mixture into the baked shell. Bake until the custard has set, then cover with a meringue of two stiffly beaten egg whites and two tablespoonfuls powdered sugar. Return to oven until pale brown.

FISH CUSTARD

Lay on a greased pudding dish half a pound of rock cod or white fish cut in fillets. Sprinkle with a dessert spoon of onion juice and a teaspoonful of finely chopped parsley, salt and paprika to taste. Make a batter of two tablespoonfuls of flour mixed with a cup of milk, two beaten eggs, salt and pepper. Pour over the fish; add a few small bits of butter; sprinkle with grated cheese and bake in a moderate oven for half an hour.

ORANGE CHARLOTTE

Soak one-third of a box of gelatine in a third of a cupful of cold water; when dissolved pour on a third of a cupful of boiling water, the juice of a large lemon and one cupful of sugar. Strain and add a cupful of orange juice and pulp and a little of the grated rind. Cool in a pan of ice water; when cold add a cupful of cream whipped stiff. Line a mold with lady fingers or stale cake and pour in the orange mixture.

APRIL

TUESDAY

BREAKFAST

Baked Prunes *
Eggs Shirred in Cream *
Toast * Jam ‡
Milk ‡ Coffee *

LUNCHEON

Baked Fish Pie *
Chicory and Radish Salad ‡
Cranberry Tarts *
Milk ‡ Tea *

DINNER

Potato Soup ‡
Olives ‡
Spare Ribs and Sauerkraut * ‡
Creamed Carrots and Onions ‡
Green Corn *
Stuffed Green Pepper Salad ‡ *
Fruit Tapioca ‡
Milk ‡ Coffee *

FISH PIE

Butter a baking dish and fill with alternate layers of shredded cooked fish and chopped hard-boiled eggs; sprinkle each layer with a seasoning of salt and pepper and small bits of butter. Add a cupful of milk, cover with a short biscuit dough and bake in a moderate oven.

CRANBERRY TARTS

Sift one cupful of sifted flour with one-quarter of a teaspoonful of salt and rub into it two tablespoonfuls of butter. Beat the yolk of one egg with two tablespoonfuls of orange juice and two and a half tablespoonfuls of water; add to the flour and work to a smooth dough. Roll out a quarter of an inch thick, cut in rounds that will line small buttered tartlet tins. Fill with dry beans or rice and bake in a moderate oven. Turn out the beans, cool, fill with cranberry jelly and sprinkle with finely shredded toasted almonds.

POTATO SOUP

Heat to the boiling point five cupfuls of milk and one onion stuck with two whole cloves; stir in one and one-half cupfuls of riced cooked potatoes and two tablespoonfuls of butter rubbed to a paste with two tablespoonfuls of flour. Stir and cook twelve minutes. Remove the onion, season with salt, pepper and finely chopped parsley. Serve with croutons.

CARROTS AND ONIONS

Place six peeled and diced carrots in a saucepan, add two peeled and diced onions and enough boiling water to barely cover. Cook until tender, add two tablespoonfuls of butter, two tablespoonfuls of cream, and a seasoning of salt and paprika.

STUFFED PEPPER SALAD

Remove the stem ends from six green bell peppers; scoop out the seeds and veins. Cover with ice water and let stand until wanted. Mix in a cold bowl that has been rubbed with a clove of crushed garlic, one cupful of peeled and diced celery, one cupful of unpeeled and diced red apple, one chopped pimento, the chopped tender part of the pepper tops, one tablespoonful of chopped capers, and two-thirds of a cupful of French dressing. Drain the peppers and dry, fill with the mixture, set on lettuce-covered plates, top with mayonnaise and sprinkle with chopped hard-boiled egg.

FRUIT TAPIOCA

Place in a saucepan one and a half cupfuls of milk and four tablespoonfuls of sugar; bring to a boil and stir in slowly half a cupful of quick-cooking tapioca and stir and cook fifteen minutes. Remove from the fire, cool, add one cupful of stiffly whipped cream, whipped with one teaspoonful of vanilla. Pour into a border mold and set in the ice box to chill. Unmold on a round dish and fill the center with equal parts of diced preserved peaches, pears, apricots and pineapple. Sprinkle with chopped cherries and toasted almonds.

APRIL

WEDNESDAY

BREAKFAST

Baked Prunes *
Buckwheat Cakes * Sausage *
Honey ‡
Milk ‡ Coffee *

LUNCHEON

Fried Noodles *
Lettuce and Orange Salad ‡
Preserved Kumquats ‡
Tea *

DINNER

Puree of Green Peas ‡
Olives ‡
Baked Ham, Vermont *
Spinach ‡ Baked Potato ‡
Beet Salad ‡
Individual Raisin Puddings ‡ *
Sugar Sauce *
Milk ‡ Coffee *

FRIED NOODLES

Cover one cupful of dried mushrooms with hot water and let stand one hour, drain and chop. Boil half a pound of Chinese noodles in boiling salted water and drain dry; sprinkle the noodles with a little salt and fry a nice brown in hot olive oil. Cut half a can of bamboo sprouts and half a heart of celery in fine strips, cook in boiling salted water until tender and drain well. Cut half a pound of fresh pork in very small dice and fry a nice brown, add the mushrooms, bamboo sprouts, celery, and two teaspoonfuls of soya; simmer five minutes. Place the noodles on a hot platter, cover with the mince, sprinkle over all finely chopped boiled or baked ham.

PUREE OF GREEN PEAS

Boil four cupfuls of shelled green peas in salted water with one onion, six branches of parsley, and two sprigs of mint until soft; rub all through a colander into a clean saucepan, add one cupful of meat stock, one tablespoonful butter rubbed smooth with one tablespoonful of flour, and a seasoning of salt, pepper, and sugar. Stir and bring to a boil and simmer five minutes. Serve with croutons.

BAKED HAM VERMONT

Have the butcher cut a three-quarter inch slice of mild ham weighing about two pounds; rub all over with flour and place in an earthenware baking dish; dot with bits of ham fat, cover with equal parts of water and milk, sprinkle with one tablespoonful of finely chopped parsley and bake in slow oven one hour. Lift out the ham to a hot platter, thicken the liquor in the pan with browned flour and pour over.

BEET SALAD

See page 246

RAISIN PUDDING

Sift two cupfuls of sifted flour with one-third of a teaspoonful of baking soda, one teaspoonful of baking powder, six tablespoonfuls of sugar, and a few grains of salt; beat into these one-third of a cupful of molasses, one well-beaten egg, two-thirds of a cupful of warm water, one teaspoonful of orange extract, and one cupful of seedless raisins; beat four minutes, fill individual pudding molds, that have been well buttered, three-quarters full, cover tight, place in a pan of boiling water and steam thirty minutes. Serve hot with a butter and sugar sauce or an orange custard sauce.

THURSDAY

Prunes *

Ham and Eggs, Country Style *
Corn Meal Batter Cakes *
Maple Syrup ‡

Milk ‡

Coffee *

Homemade Sausage *

Potato Salad ‡

Hot Rolls *

Raisin Pie * ‡

Milk ‡

Tea *

Brotsch * ‡

Olives ‡

Rack of Lamb, Mint Jelly *

Cream Peas, Athens †

Mashed Potatoes †

Lettuce, Boiled Dressing ‡ *

Strawberry Shortcake * ‡

Milk ‡

Coffee *

Stir one teaspoonful of soda into one and one-half cupfuls of sour milk and beat it into two cupfuls of corn meal sifted with half a teaspoonful of salt; add one well-beaten egg and one tablespoonful of melted butter; beat well and bake on a hot well-greased griddle.

Run one pound of lean, tender pork through the fine knife of the meat chopper with two-thirds of a pound of lean fat; add one teaspoonful of powdered sage, half a teaspoonful of black pepper, two-thirds of a teaspoonful of salt, and a few grains of cayenne pepper. Work well with the hands, form in small even-sized cakes and fry or bake in the oven.

Cut two pounds of forequarter of beef in small pieces, place in a pot, add two quarts of cold water, one bay leaf, two onions, stuck with four whole cloves, and a few grains of white pepper; bring to boil, simmer for three hours, strain and let stand until cold; remove the fat, place in a saucepan, add two boiled and peeled beets cut in very thin match-shaped strips, one lump of sugar and one tablespoonful of vinegar; bring to boil and simmer for five minutes. Before serving, stir in gently half a cupful of cream. Can be served hot or cold.

Heat three tablespoonfuls of olive oil in a saucepan, add one peeled and finely chopped small onion, two peeled and chopped tomatoes; stir and cook until the onion is golden colored; add two tablespoonfuls of good gravy and two pounds of shelled peas; cover and simmer until the peas are tender; stir often and add a little meat stock from time to time to keep moist. Add a seasoning of salt and pepper and serve hot.

Mix one teaspoonful of dry mustard with one teaspoonful of salt, one tablespoonful of sugar, and the yolks of two eggs; stir until smooth and beat in a few drops at a time half a cupful of olive oil, or melted butter; beat smooth, beat in the stiffly-beaten whites of two eggs and when it is smooth beat in slowly half a cupful of vinegar. Pour into a double boiler and stir and cook until thick; chill and use.

Split beaten biscuits and toast lightly, place on hot plates, four halves to a portion, cover with strawberries mashed with sugar, cover with halves of beaten biscuits, cover with mashed strawberries, top with whipped cream and garnish each biscuit with a whole berry dipped in powdered sugar.

APRIL

FRIDAY

BREAKFAST

Grapefruit ‡
 Ham Omelet *
 Spoon Bread * Honey ‡
 Milk ‡ Coffee *

LUNCHEON

Deviled Crab *
 Endive, French Dressing ‡
 Tea Biscuits *
 Apple Turnovers * ‡
 Tea *

DINNER

Lobster Chowder *
 Radishes ‡
 Baked Fresh Mackerel, Mignonette *
 String Beans ‡ Potato Cakes ‡
 Cucumber and Cress Salad ‡
 Frozen Apricots, Orange Sauce ‡
 Milk ‡ Coffee *

SPOON BREAD

Stir one and a quarter cupfuls of cornmeal into three and a half cupfuls of boiling water, add one teaspoonful of salt and stir and cook forty-five minutes; beat in three eggs, one at a time, and beat hard after the addition of each egg; add half a cupful of milk, one-third of a cupful of melted butter and three level teaspoonfuls of baking powder, beat smooth, pour into a buttered glass or earthenware baking dish and bake in a quick oven until firm in the center. Serve from the dish with a tablespoon.

DEVILED CRAB

Remove the meat from the claws and body of two boiled California crabs. Thoroughly clean and dry the shells. Shred the crab meat and mix with a sauce made by cooking together four tablespoonfuls of butter, four tablespoonfuls of flour and two and a quarter cupfuls of milk, one and a half teaspoonfuls of dry mustard, three teaspoonfuls of Worcestershire sauce, one teaspoonful of chopped parsley and a seasoning of salt, paprika and cayenne pepper. Fill the shells with the mixture. Mix two teaspoonfuls of dry mustard with two teaspoonfuls of French mustard and one and a half tablespoonfuls of melted butter and spread over the filled crab shells; cover with sifted bread crumbs and bake in a moderate oven ten minutes or until nicely browned.

APPLE TURNOVERS

Roll out very thin two cupfuls of good pie pastry, cut in four-inch squares, place two tablespoonfuls of chopped peeled apple mixed with sugar and cinnamon in the center of each square, wet the edges, turn over the corners to make a three-cornered piece, press down the edges with a fork. Place on a baking sheet and bake fifteen minutes in a hot oven. Take out and cover with powdered sugar or water icing.

FROZEN APRICOTS

Pack cans of apricots in two parts of fine ice and one part rock salt for four hours; drain the cans, remove the tops by cutting so that the contents can be slipped out onto a cold dish; cut in slices with a sharp knife and pour over a cold orange custard.

APRIL

SATURDAY

BREAKFAST

	Prunes *	
	Belmont Egg *	
Sour Cream	Biscuit *	Jam ‡
Milk ‡		Coffee *

LUNCHEON

Devised Kidney *
 Tomato Jelly Salad ‡
 Rhubarb Pudding ‡
 Tea *

DINNER

Puree Jackson ‡ *	
Ripe Olives ‡	
Beef Loaf, Mexican Sauce *	
Stuffed Potatoes with Cheese ‡	
Lettuce, French Dressing ‡	
Strawberry Charlotte ‡	
Milk ‡	Coffee *

BELMONT EGG

Brown some slices of bread in the oven. Do not toast them but lay them in a rather hot oven till slightly brown. Moisten in warm salted milk and butter them. Break eggs carefully one at a time into a cup and slip into simmering salted water one inch deep in a saucepan. Toss the water over the yolks till a delicate pink. Slip on to the toast, one to a slice, and surround with chopped meat heated in butter.

RHUBARB PUDDING

Sift together two cupfuls of flour, a pinch of salt, spices as desired, two teaspoonfuls of baking powder and half a cupful of sugar. Stir in one egg beaten with half a cupful of milk and two tablespoonfuls of butter; add two cupfuls of rhubarb cut into small pieces (use the pink part with the skin left on,) bake twenty minutes and serve with a sauce.

PUREE JACKSON

Cook three potatoes and three stalks of celery, cut in slices, in one quart of chicken stock, until tender. Rub through a sieve. Scald one pint of milk with a slice of onion, a blade of mace, and a bit of bay leaf; strain and add three tablespoonfuls each of butter and flour, rubbed to a paste; cook five minutes. Combine mixtures, season to taste with salt, pepper and paprika.

BEEF LOAF, MEXICAN SAUCE

Add one tablespoonful of chopped onion, one teaspoonful of salt, one-fourth of a teaspoonful of pepper, one tablespoonful of chopped parsley, and one cupful of stale bread crumbs, to two pounds of lean chopped beef. Moisten with strained tomato sauce and shape in loaf. Turn into a greased baking pan and bake thirty minutes, basting often with tomato juice. Serve on a hot platter, surrounded with Mexican sauce.

MEXICAN SAUCE

Cook a fourth of a cupful of chopped onion, red and green peppers, in a fourth of a cupful of butter, or beef dripping, until soft. Add four tablespoonfuls of flour and, when smooth, one and a half cupfuls of stewed tomato. Cook ten minutes, then season with salt.

STRAWBERRY CHARLOTTE

See page 169

APRIL

SUNDAY

BREAKFASTSliced Oranges †
Omelet Madrid *Toast *
Milk †Preserves †
Coffee ***DINNER**Sea Food Cocktail *
Branches of Celery †
Fried Chicken Vienna *

Baked Pumpkin † Corn Fritters *

Fruit Salad †
Brick Ice Cream †
Strawberry Preserves †
Raisin Filled Cookies † *

Milk †

Coffee *

SUPPERLobster Newberg *
Buttered Toast *
Fudge Cake *
Grape Juice Cup †**OMELET MADRID**

Place in a small saucepan one finely chopped lamb kidney, one tablespoon of chopped ham, one seeded and chopped green pepper, one chopped small onion, one crushed bay leaf, and a seasoning of salt and pepper. Stir and cook with two tablespoons of olive oil until nicely browned, add three peeled and chopped tomatoes and half a cup of water. Cook slowly for thirty minutes.

Beat the yolks of six eggs until thick with half a tablespoon of flour rubbed smooth with half a tablespoon of water; fold into the stiffly beaten whites of six eggs and pour into well-buttered hot omelet pan; stir and cook until the bottom is brown, set in the oven and bake slowly until set but not dry. Slide half out on a hot platter, pour half of the sauce over, fold and pour around the balance of the sauce. Garnish with branches of parsley.

CHICKEN VIENNA

Clean two fat chickens and disjoint for frying, place in an earthen dish and pour over a mixture of one cup of olive oil, four tablespoons of lemon juice, one tablespoon of chopped parsley, one crushed bay leaf, half a teaspoon of salt and one-quarter of a teaspoon of paprika. Let stand three hours, drain well, dip in beaten egg, roll in fine breadcrumbs and fry a nice brown in hot olive oil.

Mix one cup of chicken stock with one cup of milk, the beaten yolk of one egg, and one can of drained French mushroom pieces, and stems; stir and cook slowly for five minutes, season with pepper, salt, two teaspoons of chopped parsley and two tablespoons of lemon juice. Pour around the fried chicken and garnish with corn fritters.

FILLED COOKIES

Beat two-thirds of a cup of butter to a cream and beat into it one cup of sour cream, three well-beaten eggs, two cups of sifted flour sifted with one teaspoon of baking powder, one teaspoon of baking soda, and half a teaspoon of salt. Add one teaspoon of vanilla extract and enough sifted flour to make a dough that can be handled.

Chop fine one package of seeded raisins and mix with two tablespoons of flour, the grated rind of one orange and one cup of boiling water. Stir and cook ten minutes.

Roll the dough into a large square, divide in half, cover one-half with the cooked raisin mixture, cover with the other half and bake in a moderate oven. Cut in even-sized squares while hot.

APRIL

MONDAY

BREAKFAST

Sliced Bananas ‡
 Chipped Beef in Cream with a Poached Egg *
 Hot Biscuits * Honey ‡
 Milk ‡ Coffee *

LUNCHEON

Filet of Sole, Tartar *
 Chip Potatoes ‡
 French Rolls *
 Orange and Lettuce Salad ‡
 Spice Cup Cakes *
 Milk ‡ Tea *

DINNER

Tomato Soup ‡
 Young Onions ‡
 Meat Cakes Moscow, Green Peas ‡ *
 Corn Fritters *
 Celery and Apple Salad ‡
 Pasadena Rolls *
 Milk ‡ Coffee *

FILET OF SOLE

Roll strips of filet of sole in spirals, pin with a tooth pick, season with salt and pepper, sprinkle lightly with lemon juice, dip in beaten egg; roll in cracker crumbs, dip in beaten egg and cover with bread crumbs; place in a shallow baking pan, sprinkle with melted butter and bake a nice brown. Remove from the pan, set on a folded napkin on hot serving dish and garnish with lemon shells filled with tartar sauce.

SPICE CUP CAKES

Beat half a cup of butter to a cream and gradually beat into it one and a half cups of sifted granulated sugar; beat two minutes and beat in two well beaten eggs and half a teaspoon of soda dissolved in half a cup of sour milk. Sift two cups of sifted flour with half a teaspoon of cinnamon, one-quarter of a teaspoon of mace, one-quarter of a teaspoon of cloves and a quarter of a teaspoon of allspice; combine mixtures and beat three minutes. Bake in buttered muffin tins in a moderate oven twenty-five minutes. Cool and cover with white icing.

MOSCOW MEAT CAKES

Heat in a small saucepan two level tablespoons of butter, add the finely chopped white part of three green onions and fry a light brown; add two tablespoons of flour, mix well, add half a cup of meat stock, one tablespoon of grated nutmeg, the grated rind of half a lemon, and two slightly beaten egg yolks; stir and cook four minutes; add one and a half cups of finely diced cooked beef, five tablespoons of finely diced cooked ham, half a cup of chopped French mushroom pieces and stems, one teaspoon of chopped parsley, one teaspoon of salt and one-quarter of a teaspoon of Cayenne pepper. Mix well, place on a cold plate, and when thoroughly chilled form twelve even-sized small round cakes, dip in beaten egg and roll in fresh bread crumbs. Heat two tablespoons of butter in a frying pan and cook the cakes a nice golden brown on both sides in it. Cover the bottom of a hot platter with a creamed onion sauce, place on the sauce the meat cakes and serve.

APRIL

TUESDAY

BREAKFASTBaked Apple ‡
Bacon and Eggs *Toast *
Milk ‡Jam ‡
Coffee ***LUNCHEON**Veal Loaf *
Baking Powder Biscuits *
Green Pepper and Endive Salad ‡
Cheese Cakes ‡ *

Milk ‡

Tea *

DINNEROx-tail Soup *
Olives ‡
Lamb Stew with Vegetables ‡ *
Lettuce, Brunswick Dressing ‡ *
Fruit Roll, Maple Sauce * ‡
Milk ‡

Coffee *

VEAL LOAF

Chop fine two pounds of cooked veal freed from skin and bone and mix with one cup of bread crumbs, two well beaten eggs, the grated rind of half a lemon, four tablespoons of melted butter, two tablespoons of water, one quarter of a teaspoon of ginger, one quarter of a teaspoon of nutmeg, and a seasoning of salt and pepper. Place the mixture in a buttered oblong bread tin and bake in a moderate oven, basting often with a little butter dissolved in hot water. Serve with caper sauce.

OX-TAIL SOUP

Cut one medium sized ox-tail in even pieces, place in a saucepan, add seven cups of water and half a teaspoon of salt; bring to a boil and simmer until the meat is tender, removing the scum as it rises; remove the tail from the stock and add to the stock the heart of a small head of celery cut into small pieces, two scraped and chopped carrots, two whole cloves, one chopped small onion, and a seasoning of salt and pepper; simmer slowly until the vegetables are tender, remove the meat from the ox-tail and add to the hot broth, reheat and serve.

FRUIT ROLL

Sift two cups of flour with four level teaspoons of baking powder, one-third of a teaspoon of salt, and one tablespoon of sugar; rub into these four tablespoons of butter, when well mixed work to a smooth dough with three-quarters of a cup of milk; roll out one and a quarter inches thick on a floured board; brush with melted butter and sprinkle with two-thirds of a cup of grated maple sugar mixed with four tablespoons of seedless raisins and four tablespoons of chopped candied orange peel. Roll up like a jelly roll, cut in slices one and a half inches thick, place in a buttered baking pan, brush with butter, and bake twenty minutes in a moderate oven; serve hot with maple sauce.

APRIL

WEDNESDAY

BREAKFAST

Grapefruit with Cherry †
 Scrambled Eggs with Pimientos *
 Toast * Jam †
 Milk † Coffee *

LUNCHEON

Casserole of Rice and Lamb *
 Parker House Rolls *
 Orange and Nut Salad †
 Cherry Pie * †
 Milk † Tea *

DINNER

Cream of Green Peas †
 Salted Nuts †
 Roast Veal, Pan Gravy *
 Buttered Carrots † Riced Potatoes †
 Lettuce, Nicose Dressing †
 Cherry Pudding † *
 Milk † Coffee *

RICE AND LAMB CASSEROLE

Boil one cupful of washed rice until tender, drain and keep warm. Mix three cupfuls of chopped cooked lamb with one teaspoonful of chopped onion, a seasoning of salt and paprika, one-quarter of a teaspoonful of celery salt, and four tablespoonfuls of bread-crumbs. Moisten well with soup stock or water in which has been dissolved one tablespoonful of butter. Butter an earthenware mold, line with a half-inch layer of the cooked rice, all the meat mixture, cover with a layer of rice and bake in a moderate oven thirty minutes.

CHERRY PIE

For the crust, sift two cupfuls of sifted flour with half a level teaspoonful of salt and chop into it two-thirds of a cup of lard; when well mixed add slowly one-third of a cupful of cold water and mix with a knife until a stiff, smooth dough is formed; cover the piepan with two-thirds of the dough, add the filling and cover with the balance of the dough. Place the pie on the lower shelf of a moderate oven ten minutes, place on the upper shelf, reduce the heat and bake twenty-five minutes or until nicely browned.

CHERRY PIE FILLING

Drain the syrup from canned pitted cherries, there should be four cupfuls of cherries. Mix one cupful of sugar with four tablespoonfuls of flour, place in a saucepan, add half a cup of the cherry syrup and a pinch of salt; stir and cook five minutes, add the pitted cherries, cool and pour into the pastry lined pie tin.

NICOSE DRESSING

Mash the yolk of one cold hard-boiled egg through a sieve into a cold bowl and mix with it one-half of a teaspoonful of French mustard, half a teaspoonful of chopped parsley, one teaspoonful of chopped olives, and half a teaspoonful of chopped chives and enough French dressing to make two-thirds of a cupful.

CHERRY PUDDING

Beat four tablespoonfuls of butter to a cream with half a cupful of sugar; add half a cupful of milk and two cupfuls of sifted flour sifted with four level teaspoonfuls of baking powder and a pinch of salt; beat hard for three minutes; add the stiffly beaten whites of two eggs and one cupful of canned pitted cherries. Fill a well-buttered pudding mold half-full with the mixture, cover tight and steam one and a half hours. Unmold and serve with cherry sauce.

CHERRY SAUCE

See page 135

APRIL

THURSDAY

BREAKFAST

Preserved Figs †
 Scrambled Eggs and Bananas * †
 Whole Wheat Toast * Jam †
 Milk † Coffee *

LUNCHEON

Codfish Souffle *
 Bread Sticks *
 Rose Salad †
 Date Cream Pie * †

DINNER

Rice Vegetable † *
 Celery † Pickles †
 Peanut and Carrot Loaf * †
 New Potatoes † Turnips in Cream †
 Tomato and Mayonnaise † *
 Orange Tapioca Pudding † *
 Milk † Coffee *

SCRAMBLED EGGS AND BANANAS

Simmer a few minutes in two tablespoonfuls of melted butter, two peeled bananas, stringy parts removed and cut into dice. Turn into some scrambled eggs just as these begin to thicken and serve. Use very little salt, and at option, add a little sugar and a few drops of lemon juice.

CODFISH SOUFFLE

One cupful salt codfish, two cupfuls raw potatoes, two tablespoonfuls milk or cream, two eggs, one tablespoonful butter, paprika.

Place the fish and potatoes together in enough boiling water to cover them, and let them boil until the potatoes are done. Drain thoroughly, mash the potatoes and fish, and beat them well with a fork, adding white pepper, butter, milk or cream. The mass should be made light with vigorous beating. Then beat in the well beaten yolks of two eggs, and lastly, fold in the well-whipped whites. Arrange the souffle in an oiled baking dish and bake about twenty minutes, until it is brown. Serve with cucumber pickles.

DATE CREAM PIE

Two tablespoonfuls sugar, three-quarter cupful of flour, one-half teaspoonful salt, one-half cupful cold milk, one and one-half cupfuls hot milk, one package dates, two egg yolks, one tablespoonful lemon juice, two egg whites, two tablespoonfuls of powdered sugar.

Mix sugar, flour and salt. Add cold milk and mix until smooth. Add slowly to hot milk and cook in double boiler fifteen minutes. Cut dates in small pieces. Add dates and beaten egg yolks to hot mixture and cook two minutes, stirring constantly. Add lemon juice and pour into baked pie crust. Mix stiffly beaten egg whites and powdered sugar and spread over top. Brown quickly in hot oven.

PEANUT AND CARROT LOAF

One cupful chopped carrots, one cupful coarse ground peanuts, one cupful strained tomatoes, one cupful crumbs, one and one-half tablespoonfuls butter, four eggs slightly beaten, one teaspoonful chopped parsley. Salt.

Chop separately the carrots and peanuts, or put them through the food chopper, using the coarse knife. Add the other ingredients and form in a loaf. Place in a well-oiled pan and bake one hour and fifteen minutes in a moderate oven.

ORANGE TAPIOCA PUDDING

One-quarter of a cupful of quick-cooking tapioca, two cupfuls of milk, two eggs, one-half cupful sugar, one-half teaspoonful salt, three oranges, two tablespoonfuls sugar.

Put milk and tapioca in double boiler; cook fifteen minutes; then add eggs, beaten with salt and one-half cup sugar. Pare oranges, remove sections from membrane; put in bottom of baking dish; sprinkle with two tablespoonfuls of sugar; pour tapioca mixture over oranges, and bake in moderate oven until custard is firm.

APRIL

FRIDAY

BREAKFAST

Sliced Oranges ‡
 Eggs Shirred in Cream *
 Toast * Jelly ‡
 Milk ‡ Coffee *

LUNCHEON

Crab Meat, Catalan *
 Celery Root Salad ‡
 Peach Ambrosia ‡
 Milk ‡ Tea *

DINNER

Hoffman House Chowder *
 Young Onions ‡
 Sand Dabs with Fine Herbs * ‡
 Cabbage Pudding * ‡
 French Fried Potatoes ‡
 Tomato and Green Pepper Salad ‡
 Chocolate Cream Pie *
 Milk ‡ Coffee *

CRAB MEAT CATALAN

Place in a double boiler two tablespoonfuls of butter, add two tablespoonfuls of grated Parmesan cheese and stir and cook until the cheese is melted; add six tablespoonfuls of ketchup, and one teaspoonful of Worcestershire sauce and mix well. Add three tablespoonfuls of cream and when the mixture is creamy and boiling add the finely chopped meat from one large cooked California crab. Heat well, add twelve drained eastern oysters and when they are crinkled pour over squares of buttered toast on hot plates.

PEACH AMBROSIA

Fill a chilled glass dish with alternate layers of sliced canned peaches, sliced oranges, moist grated cocoanut, sugar, and chopped maraschino cherries. Chill thoroughly and serve with sweet cookies.

HOFFMAN HOUSE CHOWDER

Chop fine one dozen large clams and save all of the juice. Place in an iron pot four cupfuls of diced potatoes; four cupfuls of tomatoes, the juice of the clams, and one tablespoonful of chopped parsley; heat well, add four cupfuls of hot milk, the chopped clams and cook over a slow fire one hour. Season with pepper and add six crackers rolled fine. Reheat and serve.

SAND DABS

Soak two tablespoonfuls of dried mushrooms in one cupful of boiling water for one hour and chop fine, reserve the water. Place in a small saucepan one medium chopped onion, one shallot, one teaspoonful of chopped olives, one teaspoonful of chopped parsley, the chopped mushrooms, and two tablespoonfuls of butter; stir and fry slowly for five minutes; add a half a cupful of the mushroom water and a seasoning of salt and paprika. Place six even sized sand dabs in a shallow earthenware baking dish with the dark side down, cover with tablespoon of creamed butter blended with two tablespoonfuls of flour, pour over the sauce, add half a cupful of strained orange juice, cover the dish closely with a sheet of buttered paper and bake in a moderate oven fifteen minutes. Remove the paper and serve from the dish.

CHOCOLATE PIE

Place in a double boiler half a cupful of sugar mixed with a few grains of salt and two tablespoonfuls of cocoa; stir in two cupfuls of milk and stir and cook until thick and creamy. Add two well-beaten egg yolks and stir and cook two minutes. Remove from the fire, add one teaspoonful of vanilla and fold in the stiffly beaten whites of two eggs. Pour into a baked pie shell, cool and serve.

APRIL

SATURDAY

BREAKFAST

Grapefruit ‡
 Bacon and Eggs *
 Toast *
 Milk ‡
 Marmalade ‡
 Coffee *

LUNCHEON

Italian Hash *
 Romain and Orange Salad ‡
 Cream Scones *
 Chocolate Cake *
 Milk ‡
 Coffee *

DINNER

Cream of Corn *
 Celery ‡
 Belgian Hare, Marengo *
 Carrots, Maitre d'Hotel ‡
 Lattice Potatoes ‡
 Hearts of Lettuce ‡
 Baked Fruit Pudding *
 Milk ‡
 Coffee *

ITALIAN HASH

Chop fine three cupfuls of cold cooked beef and one parboiled calf's brain and mix with a seasoning of salt and paprika, one tablespoonful of olive oil, one tablespoonful of anchovy sauce and the beaten yolks of four eggs. Place in a small buttered baking pan and bake a nice brown. Serve with tomato sauce.

CREAM SCONES

Sift two cupfuls of sifted flour with two level teaspoonfuls of baking powder and a quarter of a teaspoonful of salt; rub into them six level tablespoonfuls of butter and work to a smooth dough with half a cupful of milk and three tablespoonfuls of cream. Roll out one-third of an inch thick on a floured board, cut in rounds with a two-inch cutter, place on a floured baking pan and bake in a moderate oven; brush with four tablespoonfuls of milk mixed with two teaspoonfuls of sugar when nearly done and return to the oven for five minutes.

BAKED FRUIT PUDDING

Cover two cupfuls of stale cake crumbs with four cupfuls of scalded milk and let stand until cool; add four tablespoonfuls of melted butter, four tablespoonfuls of sugar, two lightly beaten eggs, half a teaspoonful of salt, half a teaspoonful of cinnamon, half a teaspoonful of ground nutmeg, two teaspoonfuls of grated orange rind, five tablespoonfuls of seedless raisins and two tablespoonfuls of chopped candied orange peel. Pour into butter baking dish and bake forty-five minutes in a slow oven. Serve with custard sauce.

CHOCOLATE CAKE

Beat six and a half level tablespoonfuls of butter to a cream and beat into it slowly one cupful and two tablespoonfuls of sifted sugar and beat three minutes. Sift two cupfuls of sifted flour and three and a half level teaspoonfuls of baking powder and add a little at a time to the butter mixture with two-thirds of a cup of water and beat three minutes; beat the whites of four eggs to a stiff froth and beat into the cake mixture with one teaspoonful of vanilla extract; beat two minutes and bake in three buttered and floured layer-cake tins in a moderate oven. Cool on a wire rack and fill with chocolate filling.

CHOCOLATE FILLING

Mix in the top of a double boiler one square of grated chocolate, one-quarter of a teaspoonful of salt, one tablespoonful of sugar, three tablespoonfuls of sifted flour and one cup of milk; stir and cook until thick and creamy, add one well-beaten egg yolk and stir and cook one minute. Beat until cool. Beat one-third of a cup of butter to a cream and beat into it one cup of sifted confectioners sugar and one teaspoon of vanilla extract; combine the two mixtures and beat smooth. Spread between the layers and over the top of the cake and let stand one hour before cutting.

APRIL

SUNDAY

BREAKFAST

Stewed Raisins and Prunes * ‡

Ham and Eggs *

Waffles *

Honey ‡

Milk ‡

Coffee *

LUNCHEON

Oyster Soup *

Salted Almonds ‡

Roast Leg of Lamb *

Cranberry Jelly *

Cream Peas and Mint ‡

Mashed Potatoes ‡

Endive Salad, Royal ‡

Peaches Princess ‡

Marshmallow Cake *

Milk ‡

Coffee *

SUPPER

Creamed Shrimps on Toast *

Hot Rolls *

Parfait Los Angeles ‡

Coffee *

LEG OF LAMB

Wipe the trimmed leg of lamb, dredge with salt, pepper and flour; place on a rack in a baking pan, dredge a little on the bottom of the pan, place in a hot oven after adding one-half slice onion, one clove of garlic, mashed, one small scraped carrot, one stalk of celery and one-half a bay leaf to the pan; when the flour has browned, baste every fifteen minutes with four tablespoons of butter melted in three-quarters of a cupful of boiling water. Bake fifteen minutes to the pound. Place the meat on a hot serving dish, add two tablespoonfuls of flour to the pan, stir and strain into a sauce boat.

ENDIVE SALAD, ROYAL

Mix one-half a cupful of finely chopped radishes with one-half cupful of chopped white celery, a teaspoonful of chopped chives and one cupful of French dressing. Cover the salad plates with tender leaves of endive, pour over the dressing and garnish with ripe olives.

PEACHES PRINCESS

Drain the syrup from one can of preserved peach halves, reserve two of the halves, and place the balance of the peach halves in a shallow baking pan pit side up. Chop the two halves fine and mix with twelve crumbed macaroons, one tablespoonful of sugar, and the yolk of one egg. Fill the peach halves with the mixture, pour over all half a cupful of white grape juice, sprinkle with sugar and bake ten minutes. Place on dessert plates, pour over a vanilla-flavored custard and serve hot.

PARFAIT LOS ANGELES

Mix one pint of strawberry ice-cream with one cupful of sweet whipped cream, place in parfait glasses, add a teaspoon of orange marmalade, top with whipped cream and garnish with chopped cherries and broken walnut meats.

APRIL

MONDAY

BREAKFAST

Baked Apples †
Fresno Toast * Jelly †
Milk † Coffee *

LUNCHEON

Bacalao *
Grapefruit and Lettuce Salad †
Corn Muffins *
Milk † Pineapple Layer Cake * Tea *

DINNER

Cream of Asparagus †
Radishes †
Steak and Kidney Pie *
Combination Salad †
Cocoanut Lemon Pudding † *
Milk † Coffee *

BACALAO

Cover one pound of salt codfish with cold water and soak overnight. Drain, wash well, break in flakes, cover with cold water, bring to a boil and boil ten minutes, drain well and mix with a sauce made by cooking one chopped onion in two tablespoonfuls of hot olive oil until lightly browned, add to these one cupful of canned tomato puree, one-quarter of a teaspoonful of cinnamon and a seasoning of salt and pepper. Place the mixture in an earthenware or glass baking dish, cover the top with slices of buttered bread and bake a nice brown in a moderate oven. Serve in the same dish.

PINEAPPLE LAYER PIE

Beat to a cream half a cupful of butter and gradually beat into it one and a third cupfuls of sugar and beat five minutes; add one cupful of milk, alternately, with two and a half cupfuls of sifted flour sifted with one-quarter of a teaspoonful of salt and two level teaspoonfuls of baking powder; beat five minutes and beat in half a teaspoonful of almond extract, one teaspoonful of vanilla extract and four stiffly beaten egg whites. Bake in three buttered and floured layer cake tins in a moderate oven. Cool and spread between the layers and over the top a cupful of whipped cream mixed with one cupful of grated pineapple.

STEAK AND KIDNEY PIE

Cut one pound of sirloin steak in thin strips, cut four lamb kidneys in halves and roll in the strips of steak; roll in dry flour and place in layers in a baking dish; mix one cupful of water with half a teaspoonful of salt, half a teaspoonful of paprika, one teaspoonful of chopped parsley, one teaspoonful of Worcestershire sauce; pour over the meat, cover the dish with a short biscuit dough and bake thirty minutes in a medium oven.

COCOANUT LEMON PUDDING

Beat two-thirds of a cupful of butter to a cream with one and three-quarters of a cupful of sugar, beat three minutes and beat in the well-beaten yolks of five eggs, when well mixed beat in the stiffly beaten whites of five eggs, one cupful of grated cocoanut and one and three-quarters of a cupful of milk. Mix well and just before placing in the oven stir in the grated rind and strained juice of two lemons. Bake thirty minutes or until set.

CREAM OF ASPARAGUS

Wash and scrape one pound of asparagus, cut off the green tips and cut the stalks in one-inch pieces; place the stalks in a saucepan, add two cupfuls of boiling water, a seasoning of salt and one whole clove stuck in one-quarter of a peeled onion; cook until stalks are tender; place the tips in a piece of cheesecloth, and cook fifteen minutes. Remove the tips, strain the liquor into a saucepan and reduce to one cupful; press the stalks through a sieve into the liquor. Melt three and a half teaspoonfuls of butter in a saucepan, add four tablespoonfuls of flour and stir until smooth, do not brown, stir in slowly four cupfuls of hot milk, one teaspoonful of salt, and a few grains of cayenne pepper and stir and cook fifteen minutes; add to the asparagus mixture, reheat, beat in one tablespoonful of butter broken in small bits, add the asparagus tips and serve with croutons.

APRIL

TUESDAY

BREAKFAST

Prunes *
Eggs Scrambled With Minced Ham *
Toast * Marmalade ‡
Milk ‡ Coffee *

LUNCHEON

Head Cheese *
Potato and Celery Root Salad ‡
Fruit Cup ‡
Milk ‡ Tea *

DINNER

Braised Short Ribs of Beef *
Browned Carrots ‡
Mashed Potatoes ‡
Salade Norge ‡
Orange Cup Custard *
Sponge Drops *
Milk ‡ Coffee *

POTATO-CELERY SALAD

Peel and slice two knobs of celery root or celeriac into thin slices and cover with boiling salted water for two minutes; drain and chill on the ice. Peel and slice three medium-sized, cold boiled potatoes and mix them with the cold celery root. Mix with French dressing, mound on lettuce-covered plates and garnish with finely chopped parsley and strips of red and green peppers.

FRUIT CUP

Mix equal parts of peeled and diced orange, peeled and diced apples, peeled and diced pineapple and seedless raisins with maraschino syrup and set in the ice to become thoroughly chilled. Half fill cold stem glasses with the mixture, fill glasses with vanilla ice cream and pour over all marshmallow sauce. Decorate with halves of maraschino cherries.

BRAISED SHORT RIBS

Have the butcher cut three pounds of short ribs of beef in three-inch pieces; season them with pepper and salt and place in a Dutch oven with two onions cut in quarters, three scraped carrots and three tablespoonfuls of butter. Stir and cook until a nice brown; add to the pot two cupfuls of tomatoes, a kitchen bouquet, two tablespoonfuls of browned flour, the strained juice of one orange and three cupfuls of beef stock. Bring to a boil and place in the oven until the meat is tender. Remove the meat to a hot platter and strain the gravy over it.

SALADE NORGE

Peel and cut in fine slices one cucumber and place in a cold bowl; add one head of white celery cut in thin slices and one cupful of broken walnut meats; just before serving mix with garlic-flavored cream mayonnaise and serve on cold lettuce-covered plates. Decorate with ripe olives.

ORANGE CUP CUSTARD

See page 260

SPONGE DROPS

Beat the yolks of three eggs until thick and gradually beat into them half a cupful of sugar and beat five minutes. Add a pinch of salt to the whites of three eggs and beat until stiff and dry. Add one teaspoonful of grated lemon rind to the yolks and fold into this alternately, with half a cupful of three-times sifted flour and the egg whites. Drop the mixture in even quantities from the tip of a tablespoon on an ungreased baking tin; sprinkle with powdered sugar and bake about eight minutes in a cool oven. When removed from the pan spread with a stiff, tart jelly and put together in pairs.

APRIL

WEDNESDAY

BREAKFAST

Stewed Dried Figs ‡
Bacon and Eggs, Country Style *
Toast * Jelly ‡
Milk ‡ Coffee *

LUNCHEON

Stuffed Green Peppers, Mexican *
String Bean Salad ‡
Corn Bread *
Old-Fashioned Rice Pudding *
Milk ‡ Coffee *

DINNER

California Oyster Cocktail *
Celery ‡
Breaded Pork Chops, * Fried Apples ‡
Zucchini ‡ Boiled Buttered Rice *
Romaine Lettuce, ‡ French Dressing ‡
Apricot Pie * ‡
Milk ‡ Coffee *

STUFFED PEPPERS, MEXICAN

Place two teaspoonfuls of butter in a small sauce pan, add three finely chopped shallots and one tablespoonful of finely chopped cooked ham; stir and cook two minutes. Sprinkle over two teaspoonfuls of flour and stir and cook one minute; add half a cupful of tomato sauce, one finely chopped small green pepper, half a teaspoonful of chopped parsley, and the meat from two raw club sausages; season with salt and pepper and one-quarter of a teaspoonful of ground nutmeg; mix well and cook ten minutes. Remove from the fire and add four tablespoonfuls of bread crumbs mixed with two teaspoonfuls of Spanish seasoning.

Drop into boiling water three large green peppers, let stand two minutes, drain and rub off the skins with a coarse towel. Split in halves lengthwise, remove seeds and string and fill with the above stuffing. Lay the peppers on a buttered pan, sprinkle lightly with sifted bread crumbs, dot with bits of butter and bake a nice brown in a hot oven. Place on a hot platter and pour around a seasoned tomato sauce.

OYSTER COCKTAIL

Fill six cocktail glasses half full with drained California oysters. Mix one cupful catsup with a quarter of a teaspoonful of salt, a few grains of cayenne pepper, a seasoning of paprika and celery salt, one teaspoonful of Worcestershire sauce and one tablespoonful of tarragon vinegar; chill well and pour over the oysters. Set the glasses in bowls of fine ice and serve with halves of lemons.

LEMON FRENCH DRESSING

Place in a cold half-pint jar one teaspoonful of salt, half a teaspoonful of paprika, half a cupful of olive oil and four tablespoonfuls of lemon juice; seal tight and shake three minutes before serving.

APRIL

THURSDAY

BREAKFAST

Sliced Peaches ‡
 Boiled Eggs *
 Toasted Raisin Bread * Fig Jam ‡
 Milk ‡ Coffee *

LUNCHEON

Tongue and Rice Croquettes *
 Tomato Salad ‡
 Horseradish Dressing ‡
 Apple Dumpling ‡ * Golden Sauce *
 Milk ‡ Tea *

DINNER

Cream of Peanut Soup *
 Radishes ‡
 Braised Salmon * Sauce Soubise *
 Green Corn * Mashed Potatoes ‡
 Hearts of Lettuce ‡
 Russian Dressing *
 Raspberry Whip ‡
 Sponge Cake *

TONGUE CROQUETTES

Place in a saucepan two tablespoonfuls of butter and two slices of onion, cook until the onion is soft and yellow, stir until the onion is well mashed and smooth; add three-quarters of a cupful of milk and one tablespoonful of flour, stir constantly and bring to a boil, add a seasoning of salt and pepper one and a half cupfuls of finely chopped cold cooked tongue or other cooked meat, one and a half cupfuls of cooked rice, and one tablespoonful of finely chopped parsley. Mix well, spread on a platter, when cold form into balls or roll into small rolls, dust with flour, dip in beaten egg, cover with sifted bread crumbs and fry a nice brown in deep, hot vegetable shortening.

TOMATO SALAD

Cover six cold salad plates with shredded hearts of lettuce, cover the lettuce with sliced ripe tomatoes and pour over the tomatoes a dressing made by mixing one tablespoonful of freshly grated horseradish with one tablespoonful of finely chopped green pepper and one cup of mayonnaise.

GOLDEN SAUCE

Place in the top of a double boiler one and a half cupfuls of sugar, add five eggs and two teaspoonfuls of vanilla extract; set over hot water, do not boil, and beat with an egg beater until light and foamy.

BRAISED SALMON

Remove the skin from three or four-pound center cut of salmon, rub all over with a crushed clove of garlic, sprinkle with pepper and salt and dust all over with sifted flour. Heat four tablespoonfuls of olive oil in a frying pan, add the salmon and brown all over; remove the salmon to a Dutch oven, pour over the oil from the pan, add two cupfuls of boiling water to the pan and rinse and pour into the oven. Cover the Dutch oven tight and simmer slowly until the salmon is cooked, about forty minutes. Heat four tablespoonfuls of butter in a saucepan, add two cupfuls of finely chopped onions, cook until clear, cover and cook until soft; remove the cover, sift over the onions four tablespoonfuls of flour, stir in one cupful of the stock from the salmon, boil up and cook five minutes. Place the salmon on a hot platter, add one cupful of cream to the sauce, heat and blend well, pour over the salmon and garnish with lemon slices and sprigs of parsley.

FRIDAY

Toast *	Jam ‡
Milk ‡	Coffee *

Deviled Meat, Pampas *
Green Pepper and Lettuce Salad †
Biscuits *

Milk ‡ Lemon Cheese Pie * ‡ Tea *

Corn Chowder *
Pickles ‡

Poached Salmon, with Shrimps †
Stewed Tomatoes, with Croutons †
Mashed Potatoes †
Cold Slaw, † Sour Cream Dressing †
Blackberry Bread Pudding *
Milk † Coffee *

Place in a bowl one tablespoonful of English mustard, add three tablespoonfuls of flour, two well-beaten eggs, a seasoning of salt and cayenne pepper, one teaspoonful of olive oil, and two and a half teaspoonfuls of vinegar; beat to a smooth batter. Soak slices of any cold cooked meat in the batter and fry a nice brown in hot lard. Lift out the meat to a hot platter. Beat the remaining batter into a cup of hot milk, beat in one tablespoonful of butter and beat and cook two minutes; pour over meat and garnish with sliced pickles and ripe olives.

Beat the yolks of four eggs with one and a half cupfuls sugar until light and creamy and beat into them the grated rind and juice of a lemon, two cups of cottage cheese that has been rubbed through a sieve; beat well add the stiffly beaten whites of four eggs and pour into a pastry-lined pie tin. Bake in a moderate oven until firm; cool and serve.

Beat one well-beaten egg with half a cupful of sugar and one cupful of milk; beat smooth and add two cupfuls of sifted flour sifted with two teaspoonfuls of baking powder and half a teaspoonful of salt. Mix well, pour half of the batter into a buttered baking dish, add two cups of drained canned blackberries, cover with the remaining batter and bake in a moderate oven one hour and serve with lemon sauce.

Mix half a cupful of sugar with two tablespoonfuls of flour and half a teaspoonful of salt; mix smooth with three tablespoonfuls of water, stir in two cups of boiling water, and stir and cook until thick and clear. Add the strained juice of half a lemon and one teaspoonful of butter.

APRIL

SATURDAY

BREAKFAST

Raisins † and Prunes *
 Buckwheat Cakes *, Sausage *
 Milk † Coffee *

LUNCHEON

Calf's Brains, Brown Butter *
 Orange and Nut Salad †
 Tea Biscuits *
 Oriental Cream † *
 Milk † Tea *

DINNER

Cream of Chicken *, Celery †
 Ripe Olives †
 Ham in Casserole, Cider Sauce *
 Summer Squash † Baked Potato †
 Buckwheat Cakes *, Sausage *
 Chestnut Pudding, Saxony *
 Milk † Coffee *

ORIENTAL CREAM

Soak two tablespoonfuls of granulated gelatine in half a cupful of cold water for twenty minutes. Heat half a cupful of milk, add the gelatine and one cupful of sugar; stir until the gelatine is dissolved, add two tablespoonfuls of lemon juice and strain into a cold bowl set in a pan of ice water. Stir until the mixture starts to thicken and stir in three-quarters of a cupful of chopped dried figs, three-quarters of a cupful of seeded and chopped California dates, the stiffly beaten whites of four eggs and two cupfuls of whipped cream. Mix well, turn into a wet mold and set on the ice for three hours. Unmold on a cold plate and serve with a cold orange sauce.

CREAM OF CHICKEN

Place in a saucepan one tablespoonful of butter and one tablespoonful of flour, heat and blend well, stir in three cupfuls of chicken stock and stir and cook fifteen minutes. Add one cupful of cooked celery that has been rubbed through a sieve and one cupful of boiling cream. Season with salt and paprika and serve with croutons.

HAM IN CASSEROLE

Brown in a hot frying pan a two-inch-thick slice of good ham, lay in an earthenware or glass casserole, add one bay leaf, one blade of mace, four whole cloves, half a teaspoonful of celery seeds, one chopped sweet green pepper, a seasoning of pepper, and enough sweet cider to cover. Cover the casserole and bake in a slow oven two hours.

COMBINATION SALAD

Mix in a cold bowl that has been rubbed with a clove of crushed garlic one cupful of peeled and diced cucumbers, one cupful of diced cooked carrots, one cupful of cooked baby lima beans, one cupful of peeled, drained and chopped tomato, half a cupful of chopped sweet pickle, one chopped pimento, one chopped green pepper, one teaspoonful of salt and one cupful of French dressing. Mix well, stand in the ice box for two hours, mound on lettuce-covered plates and garnish each dish with a spiral of mayonnaise.

CHESTNUT PUDDING

Split the shells on a quart of chestnuts and steam or boil until tender; remove shell and skins and place in a saucepan with one cupful of milk; boil slowly for one hour and rub through a sieve into a bowl. Stir into them half a teaspoonful of mace, half a teaspoonful of salt, one teaspoonful of vanilla extract and the well-beaten yolks of five eggs; mix well, add the stiffly beaten whites of five eggs, pour into a buttered baking dish and bake in a moderate oven fifteen minutes. Serve with orange jam or whipped cream.

APRIL

SUNDAY

BREAKFASTBaked Prunes *
Orange Omelet *Waffles *
Milk ‡Honey †
Coffee ***DINNER**

Fresh Lobster Cocktail *

Celery Curls †

Belgian Hare, Country Style *

Cauliflower au Gratin † Glace Sweet Potatoes ‡

Avocado Taft †

Pompadour Pudding ‡ *

Milk ‡

Coffee *

SUPPER

Minced Veal and Ham *

Grapefruit Salad †

Gingerbread *

Buttermilk ‡

Coffee *

LOBSTER COCKTAIL

Remove the meat from a thoroughly chilled boiled California lobster and cut in even-sized dice. Make a sauce by mixing one cupful of catsup with one teaspoonful and half of Worcestershire sauce, two tablespoonfuls of tarragon vinegar, one-quarter of a teaspoonful of paprika and a few grains of cayenne. Mix the sauce with the lobster meat, pour into chilled cocktail glasses, top with a spoonful of whipped cream and garnish with a slice of lemon.

BELGIAN HARE

Cut a cleaned Belgian hare into twelve pieces, roll in sifted flour seasoned with salt and pepper. Place two-thirds of a cupful of finely chopped salt pork in a saute pan, stir and cook until lightly browned, skim out the pieces of pork, lay in the floured Belgian hare and cook on all sides until lightly browned. Cover the pan, reduce the heat and cook slowly until tender, about forty minutes. Lift out the hare to a hot platter. Mix three tablespoonfuls of sifted flour with the fat, rub smooth and stir in two cupfuls of cold milk; stir and cook ten minutes. Pour over the hare and garnish with parsley and toast points. Currant jelly is nice served with this dish.

AVOCADO TAFT

Mix in a cold bowl two tablespoonfuls of lemon juice, one-quarter of a teaspoonful of paprika, half a teaspoonful of salt, two tablespoonfuls of syrup from preserved ginger, and two-thirds of a cupful of olive oil. Peel and cut in dice enough firm, ripe avocados to make three cupfuls, mix with the dressing and serve on cold, lettuce-covered plates.

POMPADOUR PUDDING

Heat to a boil two-thirds of a cupful of cream and stir into it two-thirds of a cupful of fine bread crumbs, remove from the fire and cool. Beat into these half a cupful of finely chopped beef suet, four tablespoonfuls of sifted flour, four tablespoonfuls of macaroon crumbs, six tablespoonfuls of seedless raisins, six tablespoonfuls of chopped preserved cherries, the grated rind of one lemon, one-quarter of a teaspoonful of nutmeg, the well-beaten yolks of four eggs, and two tablespoonfuls of orange juice. Pour into a buttered mold, set in a pan of boiling water; cover pan and boil three hours. Unmold and serve hot with an orange custard sauce.

GINGERBREAD

Mix half a cupful of molasses with half a cupful of sugar, half a cupful of melted butter, half a cupful of sour milk, one beaten egg and one cupful of sifted flour sifted with one teaspoonful of ground ginger, two teaspoonfuls of ground cinnamon, half a teaspoonful of soda and one-quarter of a teaspoonful of ground nutmeg. Fill buttered and floured muffin tins two-thirds full with the mixture and bake in a slow oven. Nice served with whipped cream.

APRIL

MONDAY

BREAKFAST

Stewed Rhubarb ‡
 Spanish Omelet *
 Corn Bread *
 Milk ‡
 Honey ‡
 Coffee *

LUNCHEON

Dutch Fricadel *
 Hearts of Lettuce, Cheese Dressing ‡
 Hot Rolls *
 French Apricot Tart ‡ *
 Milk ‡
 Tea *

DINNER

Tapioca Soup *
 Ripe Olives ‡
 Calves' Tongues, Italian *
 Buttered Carrots ‡, Noodles *
 Chicory Salad ‡, French Dressing ‡
 Banana Pudding * ‡
 Milk ‡
 Coffee *

DUTCH FRICADEL

Mix one cupful and a half of finely chopped lean veal with one cupful and a half of finely chopped pork, four cupfuls of broken bread crusts soaked in one cupful of milk, the beaten yolks of two eggs, and a seasoning of salt and pepper. Place the mixture in a buttered baking dish, dot the top with three tablespoonfuls of butter broken in small bits and set in a moderate oven until it starts to brown, then pour over the top two teaspoonfuls of lemon juice mixed with one teaspoonful of Japanese soy; return to the oven and finish baking, about forty-five minutes in all.

CHEESE DRESSING

Place in a half-pint jar one-third of a cupful of olive oil, three tablespoonfuls of vinegar, two-thirds of a teaspoonful of sugar, one teaspoonful of salt, one tablespoonful of chopped parsley, a small sliver of garlic and one-third of a cupful of cream cheese rubbed until smooth. Cover the jar and shake well for five minutes.

TAPIOCA SOUP

Place in a two-quart saucepan seven cupfuls of clear soup stock, bring to a boil and stir in half a cupful of quick-cooling tapioca and simmer half an hour. Beat the yolks of two eggs with two tablespoonfuls of the hot soup and stir into the soup, reheat, do not boil; and serve with toasted crusts.

CALVES' TONGUES, ITALIAN

Place in a pot four tablespoonfuls of finely chopped bacon, one peeled and sliced carrot, one small sliced onion, one sliced leek, two tablespoonfuls of chopped parsley, one bay leaf, one sliced stalk of celery, eighteen pepper corns and one-quarter of a teaspoonful of thyme; add three cleaned calves' tongues and a seasoning of salt and pepper; bring to a boil, cover and simmer slowly for one hour; remove the tongues, plunge into cold water and remove the skins. Cover the bottom of a baking-dish with cooked noodles seasoned with pepper, salt and melted butter. Lay on the noodles small slices of fried ham, cover the ham with the tongues split lengthwise and pour over all Italian sauce, sprinkle with bread crumbs and set in the oven for ten minutes. Serve from the baking-dish.

BANANA PUDDING

Place in a bowl two tablespoonfuls of butter and beat to a cream; beat into it half a cupful of sugar and the yolks of two eggs; mix well for five minutes and beat in one cupful of sifted flour. Add lightly three peeled and thinly sliced bananas and fold in the stiffly beaten whites of three eggs. Place the mixture in a buttered baking-dish and bake in a moderate oven forty minutes. Unmold onto a hot dish and pour over raspberry sauce.

APRIL

TUESDAY

BREAKFAST

Sliced Oranges ‡
Poached Eggs on Toast *
Corn Meal Muffins * Marmalade ‡
Milk ‡ Coffee *

LUNCHEON

Toasted Cheese Sandwiches *
Combination Vegetable Salad ‡
Raspberry Shortcake Sundae ‡
Ice Coffee *

DINNER

California Oyster Cocktail *
Radishes ‡
Baked Beef Heart *
Italian Squash ‡ Baked Potato ‡
Asparagus Tip Salad ‡
Cream Peach Pie * ‡
Milk ‡ Coffee *

TOASTED CHEESE SANDWICH

Rub two cupfuls of cream cheese to a paste with one tablespoonful of table sauce and enough French dressing to moisten. Cut whole wheat bread in slices one-quarter of an inch thick, spread with the mixture, sprinkle with chopped walnut meats, put together in pairs, trim off the crusts, lay on a baking sheet and toast a nice brown in the oven. Serve hot.

COMBINATION SALAD

Place in a cold bowl that has been rubbed with a clove of crushed garlic, two cupfuls of cold cooked young string beans cut in inch lengths, add one cupful of cold cooked celery root cut in thin slices, three peeled, chilled tomatoes cut in cubes and drained, one cupful of cold cooked green peas and enough French dressing to mix well. Arrange on six lettuce-covered plates and garnish with strips of pimienta and green pepper.

RASPBERRY SUNDAE

For each person to be served place four or five-inch paper doily on a six-inch plate, lay on this a slice of brick ice cream, cover the ice cream with sugar wafers, cover the wafers with whipped cream, cover the cream with whole, firm ripe raspberries, sprinkle with powdered sugar and serve.

BAKED BEEF HEART

Wash a beef heart, dry, place in a deep dish, cover with warm water and let stand two and a half hours; drain, wipe dry, cut off the lobes and stuff with a dressing made by mixing half a cupful of finely chopped ham with two tablespoonfuls of finely chopped bacon, the grated rind of half a lemon, six tablespoonfuls of chopped beef suet, four teaspoonfuls of Worcestershire sauce, two teaspoonfuls of chopped parsley, a seasoning of salt, pepper, nutmeg and cayenne pepper, one cupful of bread crumbs and two beaten eggs. Sew up the heart, place in a covered baking pan, baste well with melted butter, cover and bake one and a half hours. Uncover and bake thirty minutes. Strain off the gravy and serve with the heart with currant jelly.

CREAM PEACH PIE

Sift one cupful of sifted flour with half a teaspoonful of baking powder and three tablespoonfuls of sugar; rub into these one tablespoonful of butter and work to smooth dough with one egg. Turn into a lightly floured board, roll out one-quarter inch in thickness, line a pie tin with it, place another pie tin the same size in the lined tin and bake in moderate oven. Remove the top tin, cool, fill with peeled and sliced peaches, sprinkle with fine sugar, cover with sweetened whipped cream and serve.

APRIL

WEDNESDAY

BREAKFAST

Grapefruit ‡
 Chipped Beef in Cream *
 Toast * Jelly ‡
 Milk ‡ Coffee *

LUNCHEON

The Times Salad ‡
 Parker House Rolls *
 Fig Tapioca ‡
 Milk ‡ Tea *

DINNER

Manhattan Soup ‡
 Ham and Rabbit Pie *
 Lettuce, Sour Cream Dressing ‡
 Apple Roll *
 Milk ‡ Coffee *

THE TIMES SALAD

Peel three medium-sized chayotes, cut them in strips and cut the strips in even-sized dice. Boil the dice in boiling salted water until tender, not soft; drain in a collander and rinse in cold water, drain and place in the ice box until cold. Peel an eight-ounce avocado, cut in halves and cut the halves in strips; cut the strips in dice and place in a cold bowl, add the chilled chayotes and mix lightly with a seasoning of salt and paprika, two tablespoonfuls of lemon juice and six tablespoonfuls of good olive oil. Mound on cold, lettuce-covered plates and sprinkle lightly with finely chopped chives.

FIG TAPIOCA

Cut twelve dried figs in small pieces and cover with warm water, let stand three hours, add half a teaspoonful of cinnamon, the sliced peel of half a lemon and half a cupful of sugar; bring to a boil and simmer ten minutes. Place in a double boiler half a cupful of fine tapioca, one-quarter of a teaspoonful of salt, two cupfuls of hot water and two cupfuls of hot milk; boil fifteen minutes; mix with the cooked figs and pour into a cold dish. Let stand in a cold place for three hours. Serve with cream or orange custard sauce.

MANHATTAN SOUP

Place in a saucepan four tablespoonfuls of diced potatoes, four tablespoonfuls of diced turnips, four tablespoonfuls of chopped cabbage, four tablespoonfuls of diced carrots, two tablespoonfuls of chopped onion and two tablespoonfuls of butter; stir over a slow fire until the onion is slightly browned; add two cupfuls of hot water and cook until the vegetables are soft; press through a sieve, return to the fire, add one teaspoonful of meat extract, one cupful of strained tomatoes and one cupful of boiling water; heat and stir in three tablespoonfuls of butter rubbed to a smooth paste with four tablespoonfuls of browned flour and half a cupful of cream; cook five minutes and serve in bouillon cups with a teaspoonful of whipped cream on each serving. Season with salt, paprika and a little mace.

HAM AND RABBIT PIE

Remove the bones from one cleaned Belgian hare and cut the meat in strips; cut three-quarters of a pound of lean ham in strips; cut two slices of bacon in dice and slice three hard-boiled eggs. Place layers of the hare, ham, bacon and hard-boiled eggs in an earthenware baking dish, sprinkling each layer with a seasoning of salt, paprika, chopped parsley and grated lemon rind. Mix one cupful of hot water or meat broth with one tablespoonful of Worcestershire sauce and pour over all. Cover with an extra-short biscuit dough, brush with beaten egg and bake one and one-half hours in a moderate oven. Good hot or cold.

APRIL

THURSDAY

BREAKFAST

Stewed Prunes *
 Corn Meal Mush with Cream *
 Bacon Omelet *
 Toast * Marmalade ‡

LUNCHEON

Baked Beef Hash *
 Tomato and Lettuce Salad ‡
 Brick Ice Cream ‡ Small Cakes *

DINNER

Venetian Soup *
 English Squab Pie *
 String Bean Salad ‡
 Baked Potatoes ‡
 Individual Orange Pies * ‡
 Milk ‡ Coffee *

BAKED BEEF HASH

Mix two cupfuls of cooked beef cut in small dice with two cupfuls of cold boiled potatoes cut in small dice, one teaspoonful of salt, half a teaspoonful of fresh ground black pepper, and one-third of a teaspoonful of powdered thyme or mace. Cook two finely chopped shallots with one tablespoonful of butter until clear, add to the meat mixture and place all in a baking pan. Brush the top with melted butter and bake a nice brown in a quick oven. This is nice served with a poached egg on each portion.

VENETIAN SOUP

Beat two whole eggs with two teaspoonfuls of farina and half a cupful of milk, stir into four cupfuls of boiling consommé and cook ten minutes.

ENGLISH SQUAB PIE

Roast six squabs and cut in halves; heat four tablespoonfuls of butter in a frying pan, add six thin slices of beefsteak, three by four inches in size, and four chopped shallots; fry the steaks a nice brown and place in an earthenware or glass baking dish with the halves of squabs; add one can of button mushrooms, one tablespoonful of finely chopped parsley, and three hard-boiled eggs cut in halves. Add to the pan four tablespoonfuls of sifted flour, mix smooth, stir in two and a half cupfuls of boiling water, stir smooth and cook five minutes, season with salt and pepper and pour over the meat. Cover with pie pastry and bake in a moderate oven thirty minutes.

STRING-BEAN SALAD

Mix in a bowl rubbed with a clove of garlic two cupfuls of cooked string beans cut in even dice, one tablespoonful of capers, one cupful of chopped, peeled celery, three tablespoonfuls of chopped green peppers, three tablespoonfuls of chopped pimientos, a seasoning of salt and paprika and four tablespoonfuls of French dressing; mix well, mound on lettuce-covered plates place a tablespoonful of mayonnaise dressing on each portion and garnish with ripe olives.

INDIVIDUAL ORANGE PIE

Sift two cupfuls of sifted flour with four level teaspoonfuls of baking powder, half a teaspoonful of salt, and one level teaspoonful of sugar. Add gradually to the flour one and a quarter cupfuls of milk and the well-beaten yolks of two eggs and beat smooth; add one tablespoonful of melted butter and the stiffly beaten whites of two eggs. Butter four shirred egg dishes and pour over the bottom of each dish a half-inch layer of the batter, cover the batter with peeled sections of sweet oranges that have been dipped in sugar; cover the orange sections with enough batter to fill the dishes and bake in a moderate oven. Remove from the oven and spread the top of each pie with a tablespoonful of hard sauce and serve with orange sauce.

HARD SAUCE

Beat to a cream half a cupful of butter and beat into it one and a quarter cupfuls of sifted powdered sugar and beat until smooth; add two tablespoonfuls of orange extract and beat again. Set in the ice box to harden.

APRIL

FRIDAY

BREAKFAST

Sliced Pineapple †
 Shirred Eggs *
 Orange Biscuits *
 Milk †
 Marmalade †
 Coffee *

LUNCHEON

Oyster Dumplings *
 Egg and Lettuce Salad †
 Chocolate Blanc Mange * †
 Tea *

DINNER

Cream of Barley *
 Radishes †
 Baked Mackerel *
 Sweet Potatoes † and Marshmallows *
 Mashed Turnips †
 Romaine and French Dressing †
 Lemon Chiffon Pie *
 Milk †
 Coffee *

OYSTER DUMPLINGS

Select good sized oysters, pour over them some lemon juice, and season with salt and pepper. Stand the dish containing the oysters in a cool place while the crust is baking. Roll puff paste very thin, and cut it into squares, having the pieces four inches square, and brush over with the white of an egg. Place upon each square two or three of the prepared oysters and put a small piece of butter on them. Bring the four corners of the paste together, and fasten by sticking through them small toothpicks, leaving the crust open between the points. Put dumplings in a biscuit pan, and bake in a quick oven a delicate brown. Remove the picks before serving.

CHOCOLATE BLANC MANGE

Boil three cupfuls of milk with a small square of bitter chocolate; when at the boiling point, add two tablespoonfuls of cornstarch which has been dissolved in milk. When thick and cooked through, take off the fire and add the yolks of two eggs, beaten up with two tablespoonfuls sugar. Serve with whipped cream.

HAM A LA VAN VOAST

Wash and soak ham overnight in cold water to cover.

Put in kettle, cover with cold water and add six slices onion, two stalks celery, three sprigs parsley, one teaspoonful whole cloves, one teaspoonful allspice berries and one-half teaspoonful peppercorns. Bring to the boiling point and let simmer until meat is tender. Cool in water in which it has been cooked, take from water, remove skin and cover with the following paste. Mix one cupful soft stale bread crumbs, one cupful brown sugar, and enough mustard mixed with vinegar to hold the mixture together. Pour over two cupfuls cider and bake in a slow oven one hour, basting every ten minutes.

SWEET POTATOES AND MARSHMALLOWS

Three cupfuls freshly boiled sweet potatoes mashed, one-half cupful sugar, one-quarter cupful butter, one cupful chopped pecans, add raisins if desired or any other combination of nuts or raisins or either alone. Place whole marshmallows on top and bake.

LEMON CHIFFON PIE

Beat to a cream two and a half tablespoonfuls of butter and two cupfuls of sugar, when well creamed beat into them the lightly beaten yolks of three eggs, the grated rind and juice of three lemons, one-half cupful of thin cream and lastly, the stiffly beaten whites of three eggs. Pour the mixture into pastry lined pie tins and bake in a medium oven until set. Do not let mixture stand after mixing. Sprinkle the baked pies with finely chopped, toasted almonds and powdered sugar. This will make two pies.

APRIL

SATURDAY

BREAKFAST

Sliced Oranges †
 Eggs Scrambled with Tomatoes * †
 Toast * Marmalade †
 Milk † Coffee *

LUNCHEON

Beef Hash *
 Canton Salad † *
 Clover Leaf Rolls *
 Pumpkin Pie * †
 Milk † Tea *

DINNER

Cream of Tomato * †
 Celery Hearts †
 Ragout of Lamb *
 Green Peas † Mashed Potatoes †
 Lettuce and Grape Fruit Salad †
 Date Cake * †
 Milk † Coffee *

BEEF HASH

Place in a small saucepan one tablespoonful of butter, heat slowly, add two cupfuls of finely chopped young green onions and cook five minutes. Add two cupfuls of chopped boiled beef freed of all gristle, skin and fat and one and a half cupfuls of chopped cooked potatoes. Season with one teaspoonful of salt, half a teaspoonful of black pepper and half a teaspoonful of powdered thyme. Place in an omelet pan three tablespoonfuls of butter, melt, add the meat mixture and cook until brown on the bottom, turn over and brown. Fold like an omelet, slide out onto a hot serving platter and garnish with branches of parsley. Nice served with a Spanish sauce.

CANTON SALAD

Mix in a cold bowl that has been rubbed with a clove of crushed garlic two cupfuls of chilled and shredded white cabbage, one cupful of chopped hard-boiled eggs, two-thirds of a cupful of chopped white celery, half a cupful of chopped walnut meats, one teaspoonful of salt and two-thirds of a cupful of lemon French dressing. Mix well, drain, mound on salad plates that have been covered with lettuce, mask with lemon mayonnaise, and garnish with chopped pimientos.

RAGOUT OF LAMB

Cover two pounds of boned breast of lamb with cold water and simmer for ten minutes; drain, cut the lamb in even-sized pieces and keep warm. Place in a saute pan two tablespoonfuls of butter, melt, add one sliced carrot, one sliced onion, one sliced stalk of peeled celery, half a teaspoonful of marjoram, one teaspoonful of chopped parsley, and a seasoning of salt and pepper; stir and cook ten minutes, dredge with two tablespoonfuls of sifted flour; add the meat, cook five minutes, add one cupful of hot water or lamb broth and cook slowly until tender. Lift out the meat to a hot platter. Add the beaten yolks of two eggs to the gravy with one tablespoonful of lemon juice and stir and cook three minutes. Strain the sauce over the meat and serve in a border of cooked spinach.

DATE CAKE

Beat three tablespoonfuls of butter to a cream and beat into them one cupful of sifted sugar; beat well, add one well-beaten egg and mix well. Place in a measuring cup one cupful of chopped seeded dates sprinkled with one teaspoonful of baking soda, add enough boiling water to fill the cup and stir into the butter, sugar and egg mixture. Beat well and beat in one and a quarter cupfuls of twice sifted flour. Pour into a buttered and floured cake tin and bake in a slow oven.

APRIL

SUNDAY

BREAKFAST

Sliced Oranges with Cocoanut ‡
 Ham Omelet *
 Spanish Sauce ‡
 Waffles *
 Milk ‡
 Honey ‡
 Coffee *

DINNER

Clam Bouillon *
 Salted Walnuts ‡
 Celery Sticks ‡
 Boiled Leg of Lamb *
 Caper Sauce ‡
 Parsnips with Drawn Butter ‡
 Mashed Potatoes ‡
 Artichokes, Sauce Hollandaise ‡
 Brick Ice Cream, Maple Sauce ‡
 Milk ‡
 Coffee *

SUPPER

Cheese ‡ and Bacon Sandwich *
 Lettuce Salad ‡, Egg Dressing *
 Apples and Oranges ‡
 Hot Chocolate ‡

HAM OMELET

Beat the yolks of five eggs until light and lemon-colored and beat into them one tablespoonful of flour and beat in slowly one cupful of milk; and one cupful of cooked minced ham and when well mixed fold in the stiffly beaten whites of five eggs. Heat two tablespoonfuls of ham fat in an iron frying pan and pour the mixture into it. Cook slowly until brown on the bottom, set in the oven and cook until spongy and dry but not brown. Cut across at right angles to the handle, fold, slide onto a hot platter and pour around a hot Spanish sauce.

SPANISH SAUCE

Place in a saucepan one finely chopped onion and two tablespoonfuls of butter; stir and cook until lightly browned; add three seeded and finely chopped green peppers, six peeled and chopped tomatoes, and a seasoning of salt and pepper. Simmer forty-five minutes and use with omelets, boiled fish or tongue.

CLAM BOUILLON

Place in a saucepan one quart of cleaned clams and their liquor; bring to a boil, skim out the clams, chop fine and return to the liquor with one teaspoonful of celery seed; one small chopped onion, one tablespoonful of butter, and one bay leaf; add four cupfuls of water and simmer for thirty minutes. Strain through a cheese cloth, season with salt and pepper and serve at once.

MAPLE SAUCE

Mix four tablespoonfuls of sugar with two tablespoonfuls of flour and a few grains of salt; stir in one cupful of maple syrup and four tablespoonfuls of water. Stir and cook slowly for three minutes; remove from the fire and add one teaspoonful of vanilla extract. Serve hot or cold over slices of brick ice cream.

APRIL

MONDAY

BREAKFAST

	Orange Juice ‡	
	Coddled Eggs *	
Corn Bread *		Jam ‡
Milk ‡		Coffee *

LUNCHEON

Sweetbreads in Casserole *
 Romaine and French Dressing ‡
 Butter Sponge Cake *
 Tea *

DINNER

	Vegetable Soup ‡	
Radishes ‡		Dill Pickles ‡
	Hungarian Goulash *	
New Potatoes ‡		Green Peas ‡
	Cheese Salad ‡	
	Banana Sponge ‡ *	
Milk ‡		Coffee *

SWEETBREADS IN CASSEROLE

Clean two pair of sweetbreads. Cook in boiling, salted, acidulated water fifteen minutes, then plunge into cold water, after which break or cut into pieces. Melt three tablespoonfuls of butter in an omelet pan, add one-quarter of a cupful of onion, one quarter cupful carrots cut fine, cook three minutes, then add the sweetbreads. When nicely browned put into the casserole, add a bit of bay leaf, two cupfuls of white stock, salt and pepper to taste, cover and cook slowly for half an hour. Shape a dozen potato balls with a French vegetable cutter, fry in two tablespoonfuls of butter, add the caps of a dozen fresh peeled mushrooms and combine with the contents of the casserole, adding more stock if necessary. Cook fifteen minutes, then remove the cover to brown the sweetbreads. Re-cover and serve in the casserole.

BUTTER SPONGE CAKE

Two cupfuls of sugar, one of butter, six eggs beaten separately, one half cupful of milk, one half cupful of water, two teaspoonfuls of baking powder, three cupfuls of flour. Mix butter and sugar to a cream. Add yolks. Do not beat much. Next milk, with whites and flour last. Bake in loaf or cup cakes.

HUNGARIAN GOULASH

One pound lean beef, one pound lean veal, one tablespoonful fat, one large onion, diced, one teaspoonful paprika, one cupful strained tomatoes.

Veal and beef mixed. Cut into one inch squares and brown in hot fat with the onion, salt, and paprika. When the meat is brown, add the tomatoes, and one-half hour before serving, add some small potatoes. Let cook slowly closely covered.

BANANA SPONGE

One-third package of gelatine, one-third cupful cold water, one-third cupful boiling water, one cupful sugar, juice of one lemon, one cupful banana pulp, whites of three eggs, slice of banana.

Soften the gelatine in cold water, add the boiling water and sugar; when the sugar is dissolved strain over the banana pulp, heat to the scalding point, cool, add the lemon juice and beat over ice water until light and cold, then beat in gradually the stiffly beaten whites of the eggs. Turn the mixture into a mold lined with slices of banana. Serve cold, ornamented with whipped cream, sweetened and flavored.

APRIL

TUESDAY

BREAKFAST

Sliced Oranges ‡

Ham Omelet *

Scones *

Milk ‡

Jam ‡

Coffee *

DINNER

Leek Puree Soup ‡

Celery Curls ‡

Prime Ribs of Beef, Pan Gravy *

Brussels Sprouts, Pomona ‡

Mashed Potatoes ‡

Hearts of Lettuce, Cheese

Dressing ‡

Banana Short Cake *

Nuts and Raisins ‡

Milk ‡

Coffee *

SUPPER

Ham Savory *

Crescent Rolls *

Apples ‡

LEEK PUREE

Place in a two-quart saucepan two finely sliced young green onions, the tough part removed; parboil the sliced white part of eight leeks for ten minutes, add to the saucepan with three tablespoonfuls of butter and stir and cook ten minutes; add two tablespoonfuls of washed rice and cook two minutes; add one peeled and thinly sliced potato, cook five minutes and stir in five cupfuls of boiling water; add one bay leaf, three whole cloves, four pepper corns and blade of mace tied in a small cloth bag; bring to a boil, add a seasoning of salt and simmer thirty minutes. Remove the spice bag, press through a puree sieve into a clean saucepan, reheat and serve with croutons.

BRUSSELS SPROUTS

Remove the heavy outside leaves from firm, green Brussels sprouts and soak in salted cold water for one hour. Drain and place in boiling water to cover, bring quickly to a boil and add one teaspoonful of salt and one slice of lemon and boil until the stems are soft. Drain thoroughly, place on slices of toasted bread and spread with Pomona sauce.

POMONA SAUCE

Beat one-third of a cupful of butter to a cream. Place in a small saucepan, set over the fire and mix with it one and a half tablespoonfuls of water and one and a half tablespoonfuls of lemon juice; mix well, stir one teaspoonful of grated orange rind and one teaspoonful of grated lemon rind, one-quarter of a teaspoonful of salt and a dash of paprika; reduce one-half; remove from the fire and cool; add the slightly beaten yolks of three eggs and one teaspoonful of the butter broken in small bits; place the pan over a slow fire and beat in, a little at a time, the balance of the creamed butter; beat until thick and then beat in two tablespoonfuls of strained orange juice.

CHEESE DRESSING

Beat two-thirds of a cupful of cottage cheese with two-thirds of cupful of French dressing, two tablespoonfuls of chopped green peppers, two tablespoonfuls of chopped pimiento, and one teaspoonful of Tarragon vinegar.

HAM SAVORY

Chop fine one hard-boiled egg and mix with it one cupful of chopped cooked ham, half a cupful of bread crumbs, one teaspoonful of mustard, a few grains of cayenne pepper and enough milk to cover. Place in an earthenware baking dish, and bake thirty minutes in a moderate oven.

BANANA SHORTCAKE

Bake two layers of rich biscuit dough in layer-cake pans; cool, cover one layer with peeled and sliced bananas, cover the bananas with a thick lemon-flavored custard, cover the custard with shredded cocoanut and cover with the other layer. Cover the top layer with sliced bananas, cover with custard and sprinkle with cocoanut.

MAY

MONDAY

BREAKFAST

Melon †
 Omelet with Fried Tomatoes † *
 Toast * Raspberry Jam †
 Milk † Coffee *

LUNCHEON

Beef Hash *
 Peruvian Salad †
 Blackberry Pudding † *
 Iced Tea *

DINNER

German Carrot Soup †
 Ripe Olives †
 Spring Lamb with Mint Sauce *
 Fresh String Beans † Potatoes Anna †
 Asparagus Salad †
 Strawberry Mousse †
 Milk † Coffee *

RASPBERRY JAM

Pick and weigh the raspberries, place them in a large covered jar, stand the jar in a saucepan of boiling water, and cook gently for one hour, then strain through a fruit press or strainer.

Measure the juice and to each pint allow three-fourths of a pound of sugar. Boil for twenty minutes, then add the heated sugar and boil for five minutes longer. Pour into glasses and seal.

SPRING LAMB WITH MINT SAUCE

If the hindquarter is used be sure part of the leg bone, hip and chine bone are removed. Only leave a bone in the leg. If forequarter, all shoulder bones, chine and neck bones are taken out.

The meat is wiped, seasoned with salt, pepper and flour and a little drippings. (If the meat is very lean.) Put in a hot oven and sear quickly. Reduce the heat and add two cups of water. Roast slowly one and one-half hours, basting quite frequently. Make two cups of gravy with either piece of meat.

COLD MINT SAUCE

One-half cupful mint leaves chopped fine, one tablespoonful pulverized sugar, one tablespoonful vinegar or lemon juice, one tablespoonful water, pinch of salt.

Mix all well together and serve in separate dish to be used with the meat. The meat is placed on hot platter and garnish with sprigs of parsley or mint.

ASPARAGUS SALAD

Six pieces head lettuce, eighteen stalks cooked asparagus, six rounds of green pepper, one cupful diced celery, one cup cooked carrots, one level teaspoonful salt, one-fourth level teaspoonful paprika, one cupful mayonnaise.

Arrange the lettuce on salad plates. Place three stalks of asparagus through each round of green pepper. Arrange these on the lettuce leaves. Mix the celery, carrots, salt and paprika and half the mayonnaise. Place a mound of this mixture on one side of the asparagus service. Garnish with mayonnaise on top and serve at once.

STRAWBERRY MOUSSE

See page 246

MAY

TUESDAY

BREAKFAST

Raspberries and Cream †
 Tomato Omelet † *
 Toasted Raisin Bread *
 Milk †
 Fig Jam †
 Coffee *

LUNCHEON

Veal Croquettes Surprise *
 Chicory and Orange Salad †
 Hot Rolls *
 Strawberry Pie † *
 Iced Coffee *

DINNER

Fruit Cocktail, Canton †
 Olives †
 Pot Roast, Vienna *
 Buttered Salsify †
 Browned Potatoes †
 Cabbage and Nut Salad †
 Brick Ice Cream †
 Milk †
 Mocha Sauce *
 Coffee *

TOMATO OMELET

Heat two tablespoonfuls of butter in an omelet pan, add three peeled and diced tomatoes and cook until tender. Beat six eggs until light with a seasoning of salt and pepper, add the cooked tomatoes, pour into the omelet pan in which two tablespoonfuls of butter have been melted. Stir and cook until half-set, set in a moderate oven for two minutes, slide half out on a hot platter and fold over. Sprinkle with chopped parsley and serve.

CROQUETTES SURPRISE

Place two cupfuls of mashed potatoes in a saucepan, add two tablespoonfuls of cream, one teaspoonful of onion juice and a seasoning of salt and pepper; beat over the fire, cool slightly, add two beaten egg yolks and divide into six even pieces. Form into cones, make a hole in each, fill with minced cooked veal seasoned high with salt, paprika and chutney, press the potato around the meat, roll in flour, then roll in beaten egg white, cover with seasoned, sifted bread crumbs and fry a nice brown in deep, hot vegetable shortening.

CANTON FRUIT COCKTAIL

Mix one cupful of peeled and diced oranges, with one cupful of diced pineapple, one cupful of peeled and diced pears, half a cupful of chopped preserved ginger, two tablespoonfuls of powdered sugar and one tablespoonful of lemon juice, chill, divide into six stem glasses, sprinkle with chopped nuts and top with a maraschino cherry.

VIENNA POT ROAST

Place in a saucepan half a cupful of diced, peeled turnips, half a cupful of diced carrots, one peeled and diced celery root and four cupfuls of boiling water, boil until the water is reduced two-thirds, heat half a cupful of chopped beef suet in a Dutch oven, add one sliced onion and cook until brown. Dredge a three or four-pound piece of chuck or rump of beef with flour seasoned with salt, pepper, paprika, place in the Dutch oven, brown nicely on all sides add the water strained from the vegetables, cover tight, set in a moderate oven and cook until the meat is tender. Add the cooked vegetables, three rolled ginger snaps, four tablespoonfuls of cream, and four tablespoonfuls of strained tomatoes. Stir and cook until the gravy is smooth.

MOCHA SAUCE

Place in a saucepan two cupfuls of strained black coffee, add one and three-quarters cupfuls of sugar mixed with one tablespoonful of grated chocolate and boil five minutes. Remove from the fire, add a few grains of salt, cool, add one teaspoonful of vanilla and serve over slices of brick ice cream.

MAY

WEDNESDAY

BREAKFAST

	Sliced Oranges ‡	
	Spanish Egg *	
Toast *	Strawberry Conserve ‡	
Milk ‡	Coffee *	

LUNCHEON

	Tournadoes of Lamb *	
	Cottage Cheese Salad ‡	
	Biscuits *	
Milk ‡	Strawberry Bavarian Cream ‡	Coffee *

DINNER

	Spring Vegetable Soup ‡	
	Spiced Pickles ‡	
	Ham a la Van Voast *	
	Tomatoes, Virginia Style ‡	
	Potatoes ‡	
	Oriental Salad ‡	
Milk ‡	Orange Cream Cake Pudding ‡	Tea *

STRAWBERRY CONSERVE

One quart ripe strawberries, one-half pound seeded raisins, one lemon, two oranges, one-half pound chopped walnut meats, one quart sugar. Wash and drain the strawberries, then put them into a preserving kettle with the raisins, sugar, grated rinds and pulp of the lemon and oranges. Cook slowly for thirty minutes, then add the walnuts and cook for ten minutes longer.

Put into glasses and cover with melted paraffin.

TOURNADOES OF LAMB

Order six kidney lamb chops cut two inches thick. Remove fat and bone and skewer lean meat into six circular pieces. Coil around each a thinly cut strip of bacon, having bacon overlap one inch, and fasten with wooden skewers. Sprinkle with salt and pepper; place in a greased broiler, and broil over a clear fire or bake in a hot oven; the time required being about fifteen minutes. Remove to hot platter and garnish with savory potatoes and parsley. Mint jelly should accompany this dish.

COTTAGE CHEESE SALAD

Two cups cottage cheese, salt and pepper to taste, one-half teaspoonful dry mustard, one tablespoonful scraped onion, one-half cupful finely chopped celery or celery seed, one small head lettuce, one quarter cupful French dressing.

Mix cheese and flavoring until smooth, then add celery or celery seed. Separate lettuce, wash and shake the leaves, or put between tissue toweling to dry. The large leaves are cut in half, and on each piece put a spoonful of cheese mixture; roll and place on a plate that is lined with shredded lettuce. Pour the French dressing or salad dressing of choice over the rolls. Garnish with finely cut pickled beets or carrots.

STRAWBERRY BAVARIAN CREAM

Two cupfuls very ripe strawberries. One cupful sugar, one tablespoonful granulated gelatin, one cupful cream, two tablespoonfuls cold water. Wash, hull and mash the berries. Add sugar and stir until dissolved; strain through a wire strainer that will keep back the seeds.

Soak the gelatin in cold water and set over boiling water until dissolved. Add this to the strained strawberries and sugar. When cold, place in a pan of cold water and beat until it becomes thick; then fold in the cream which has been whipped until stiff.

Rinse the mold in cold water and pour in the mixture; pack in ice and salt. It should stand three to four hours before serving, then wet a tea towel in hot water and fold around the mold, turn on a shallow plate and garnish with whipped cream and whole strawberries.

HAM A LA VAN VOAST

See page 116

MAY

THURSDAY

BREAKFASTHoney Dew Melon †
Bacon Omelet *Toast * Cherry Preserves †
Milk † Coffee ***LUNCHEON**Veal and Ham Salad *
Corn Muffins *

Milk † Apricot Rice Pudding † * Tea *

DINNERSpring Vegetable Soup †
Olives †Lamb Stew with Dumplings *
Green Peas †Orange and Lettuce Salad †
Peach Tart † *

Milk † Coffee *

CHERRY PRESERVES

Place in a preserving kettle four pounds of sugar, two cupfuls of water, bring to a boil and boil three minutes, add four pounds of pitted cherries and a half cupful of the cherry seed kernels; simmer slowly until the cherries are tender, but not broken, and when a little of the juice will jell quickly when dropped on a cold plate. Pour into hot jars, seal and store in a cool, dry place.

VEAL HAM SALAD

Rub a cold bowl with a clove of crushed garlic and mix in it one cupful of cooked diced veal, one cupful of cooked diced ham, one chopped pimiento, one chopped green pepper, one chopped hard-boiled egg, half a cupful chopped spiced pickles, half a cupful of thinly sliced celery, one teaspoonful of salt, one-quarter of a teaspoonful of paprika, mixed with two-thirds of a cupful of French dressing and two tablespoonfuls of chopped capers. Serve on cold lettuce-covered plates.

APRICOT RICE PUDDING

Rub one and a half cupfuls of cooked apricots through a sieve and mix with one-third of a teaspoonful of salt, half a cupful of sugar, two teaspoonfuls of vanilla, one teaspoonful of lemon extract, three well-beaten eggs, three cupfuls milk and two cupfuls of cooked rice; mix well, pour into a buttered baking dish and bake in a moderate oven twenty-five minutes. Serve cold.

FRESH PEACH TART

Line a deep pie tin with a short pie pastry, fill with dry beans and bake in a moderate oven; remove the beans and cool. Peel, remove stones, and slice firm ripe peaches, lay in even rows in the baked pie shell, sprinkle with sugar and just before serving cover with sweetened whip cream.

MAY

FRIDAY

BREAKFAST

Sliced Bananas †
 Omelet a la Columbia *
 Toast * Jelly †
 Milk † Coffee *

LUNCHEON

Halibut in Curry, with Rice *
 Lettuce Salad † and Egg * Dressing
 Orange Sponge Cake *
 Milk † Tea *

DINNER

Clam Chowder *
 Broiled Salmon Steak *
 Braised Celery † Potato Cake †
 Celery Root Salad †
 Cherry Pie † *
 Milk † Coffee *

OMELET A LA COLUMBIA

Cut thinly sliced bacon in small squares; there should be one-half cupful. Wash, pare, slice and cut potatoes in fourth inch cubes; should be one cupful. Fry bacon until crisp and brown, and drain. To bacon fat add potatoes and fry until delicately browned; then drain and mix with bacon dice.

Make a French omelet; fold one-half the bacon and potato with omelet, turn on a hot platter and surround with remaining bacon and potato. Garnish with parsley.

HALIBUT IN CURRY WITH RICE

Take a thick slice of halibut, weighing two to three pounds, one pint liquid, fish stock and milk, one-half cupful raw rice, four tablespoonfuls oil, four tablespoonfuls flour, two teaspoonfuls curry powder.

Put the rice on to boil in salted water. Heat two tablespoonfuls of oil in frying pan and when hot place the piece of halibut in it and fry brown lightly on both sides. Have the casserole heating and place the halibut in it. Add boiling water to the pan, pour the contents over the halibut. Have the liquid, which may be fish stock, onion or celery water, with half milk, on the stove heating. Heat the other two tablespoonfuls of oil in small pan, sift in the flour and curry powder and stir together to make a roux. Now add this roux to the hot liquid, stirring as it thickens. Season with salt. Pour over the halibut in casserole; cover with the lid and bake its contents in medium oven for forty-five minutes to one hour. Or the rice may be arranged in a ring around the contents of the casserole when it is removed to a platter.

If without casserole the halibut may be boiled in a saucepan, the water used as part of the liquid in making the curry sauce, the halibut placed in the center of a platter, the sauce poured over it with a border of the boiled rice.

ORANGE SPONGE CAKE

Beat the whites of three eggs until stiff, and add the yolks, one at a time, beating well before the addition of each yolk. Then add gradually, still beating with the egg beater, seven-eighths cupful of sugar. Remove beater; add the grated rind of one orange, and one-third cupful of orange juice. Fold in one and three-eighths cupful of pastry flour, mixed and sifted with one teaspoonful of baking powder and one-fourth teaspoonful of salt. Bake in a moderate oven in a pan measuring eight by eight by two inches deep.

MAY

SATURDAY

BREAKFASTSliced Apricots ‡
Coddled Eggs *Toast *
Milk ‡Jam ‡
Coffee ***LUNCHEON**Mixed Grill, Young * ‡
Straw Fried Potatoes ‡
Crescent Rolls *
Fresh Blackberry Pie ‡ *

Milk ‡

Tea *

DINNERCelery Broth ‡
Radishes ‡
Browned Short Ribs of Beef *
String Beans ‡
Browned Potatoes ‡
Cold Artichoke ‡
Mayonnaise *
Brick Ice Cream ‡
Lemon Cake ‡ *

Milk ‡

Coffee *

MIXED GRILL, YOUNG

Mix on a platter two tablespoonfuls of olive oil, half a teaspoonful of paprika and one teaspoonful of salt; lay in this six trimmed lamb chops, six split lamb's kidneys, and six small sausages; turn in the oil mixture until thoroughly coated. Heat two tablespoonfuls of butter and one tablespoonful of olive oil in a frying pan, lay in the lamb chops, turn and cook six minutes on each side, place the chops on a hot platter, lay in the kidneys and cook two minutes on each side; lay in the sausages and cook five minutes. Arrange the cooked chops, kidneys, and sausages on a hot platter and place around them six slices of fried tomatoes. Garnish with Maitre d'Hotel butter.

FRIED TOMATOES

Cut six thick slices from firm ripe tomatoes and dust with sifted flour seasoned with pepper and salt; lay the slices in a pan of hot butter and cook three minutes on each side.

BLACKBERRY PIE

Mix three cupfuls of washed and dried firm ripe blackberries with one tablespoonful of flour, three tablespoonfuls of water, and two-thirds of a cupful of sugar; place in a pastry-lined tin, dot with two tablespoonfuls of butter broken in small bits, cover with a lattice of pastry strips and bake in a moderate oven thirty minutes.

CELERY BROTH

Place a bunch of well washed parsley in a saucepan, add one pound of finely chopped shin of beef, four stalks of sliced celery, two tablespoonfuls of chopped chives, and the whites of two eggs; stir over the fire for five minutes, add two teaspoonfuls of salt and eight cupfuls of water; stir until it comes to a boil, reduce the heat and simmer slowly for one and a half hours. Strain through a cloth into six hot consomme cups.

LEMON CAKE

Beat half a cupful of butter to a cream and beat into it slowly two-thirds of a cupful of sugar; beat smooth, add the grated rind of one lemon and the strained juice of half a lemon; beat in three well beaten eggs and beat until thick and creamy; beat in one and a half cupfuls of sifted flour sifted with one-third of a cupful of cornstarch and two level teaspoonfuls of baking powder; beat until smooth, pour into a buttered and floured loaf cake tin and bake forty-five minutes in a moderate oven.

MAY

SUNDAY

BREAKFAST

Sliced Peaches and Cream ‡
 Shirred Eggs *
 Waffles * Apricot Marmalade ‡
 Milk ‡ Coffee *

DINNER

Consomme Magador *
 Ripe Olives ‡
 Stuffed Breast of Veal *
 Green Corn * String Beans ‡
 Lettuce, Cheese Dressing ‡
 Brick Ice Cream, Hot Fudge Sauce ‡
 Cocoanut Layer Cake *
 Milk ‡ Coffee *

SUPPER

Boston Club Sandwich *
 Romaine, French Dressing ‡
 Cantaloupe a la Mode ‡
 Iced Cocoa ‡

APRICOT MARMALADE

Peel, stone and cut in quarters eight pounds of ripe firm apricots, place in preserving kettle and stir over a slow fire until they draw enough juice to cook in; bring slowly to a boil and boil gently until reduced to a pulp. Add six pounds of sugar and twenty-four of the blanched and chopped apricot kernels, boil twenty minutes, pour into hot jars, seal and store.

CONSOMME MAGADOR

Cut three small, white, tender stalks of celery in small dice, cover with salted water, bring to a boil and boil until tender, drain, add to six cupfuls of boiling consomme, pour into consomme cups and sprinkle lightly with finely chopped parsley.

BREAST OF VEAL

See page 161

COCOANUT CAKE

Heat half a cupful of butter to a cream with one cupful of sugar, when light and creamy beat in the well-beaten yolks of eight eggs, half a cupful of milk, and one and three-quarters cupfuls of sifted flour, sifted with four level teaspoonfuls of baking powder and a few grains of salt; pour into buttered and floured layer-cake tins and bake in moderate oven. Cool and spread between layers cocoanut filling and ice with boiled icing.

COCOANUT FILLING

Mix one cupful of sugar with half a cupful of flour and a few grains of salt, put in a double boiler, add two slightly beaten egg yolks and stir and cook ten minutes, do not boil. Add one teaspoonful of vanilla, cool, spread between the cake layers and sprinkle each layer with grated cocoanut mixed with sugar.

MAY

TUESDAY

BREAKFAST

Creamed Codfish *	Pears and Cream ‡	Boiled Potatoes ‡
Toast *		Jelly ‡
Milk ‡		Coffee *

LUNCHEON

	Nut and Cheese Roast ‡	
	Corn Muffins *	
	Apple and Celery Salad ‡	
Milk ‡	Squash Patties ‡	Tea *

DINNER

	Cream of Celery ‡	
Olives ‡		Green Onions ‡
	Pork Roast Strausiana *	
	Glazed Sweet Potatoes ‡	
	California Salad ‡	
Milk ‡	Walnut Pudding *	Coffee *

CHEESE AND NUT ROAST

One cupful of grated cheese, one cupful of chopped walnuts, one cupful of bread crumbs, one tablespoonful of butter, juice of one-half lemon, two tablespoonfuls of chopped onions, salt and pepper.

Cook the onion in the butter, and a little water until it is tender. Mix the other ingredients and moisten with water, using the water in which the onion has been cooked. Pour into a shallow baking dish and brown in the oven.

SQUASH PATTIES

One cupful of steamed and strained squash, one cupful of sugar, three eggs slightly beaten, one teaspoonful of cinnamon, one teaspoonful of nutmeg, three-quarters of a teaspoonful of ginger, three-quarters of a teaspoonful of salt, one-quarter teaspoonful of mace, four tablespoonfuls of cider, one cupful of heavy cream.

Line fluted patty pans with plain paste, brush paste with white of egg, sprinkle with stale bread crumbs, and fill pans two-thirds full of squash mixture. Bake in quick oven at first, and then decrease heat and complete the cooking.

Squash patties, when eaten at their best, should be freshly baked and served warm.

PORK ROAST STRAUSIANA

Six pounds of roast, the chop part, place in roasting pan, dredge with flour, pepper, salt and ginger, take one clove of garlic and rub well into the meat, over all this sprinkle one-eighth of a teaspoonful of caraway seed and pinch of sage, into the bottom of the pan pour one and one-half cupfuls of water, cover tightly and roast three-quarters of an hour, baste frequently when the meat begins to brown. In one corner of the pan place an unpeeled apple as it absorbs all the fat, and gives a wonderful flavor to the meat. Time for cooking three and one-half hours. Serve with mashed potatoes and compote of apple sauce.

CALIFORNIA SALAD

Put the oranges on ice for at least an hour before using. Cut a piece from the top of each orange, quarter the peel halfway down and roll it back and scoop out the pulp. To this add shredded pineapple, sliced bananas, and one maraschino cherry to each orange. Toss altogether and return to orange shells and fill remaining space with orange juice and sugar, and serve on lettuce cups.

WALNUT PUDDING

Beat the yolks of three eggs till light and lemon-colored. Gradually add to them half a cupful of sugar, one-third of a cupful of soft bread crumbs, and a scant half-cupful of farina. Mix perfectly, fold in the whites of three eggs beaten stiff and half a cupful of broken nut meats. Pour into two layer cake pans which have been buttered and floured. Bake for half an hour in a slow oven. When slightly cooled put the layers together with a creamy sauce made as follows: Cream one-half cupful of butter, add gradually one-half cupful of sifted powdered sugar and two tablespoonfuls of milk added drop by drop. Flavor with one tablespoonful of brandy.

MAY

WEDNESDAY

BREAKFAST

Raspberries ‡
 Ripe Olive Omelet ‡ *
 Toast *
 Milk ‡
 Jam ‡
 Coffee *

LUNCHEON

Spaghetti in Tomato Aspic * ‡
 Frozen Cherries ‡
 Iced Tea *

DINNER

Consomme a l'Orleans *
 Sweet Gherkins ‡
 Squab en Casserole *
 Mashed Potatoes ‡
 Stuffed Green Peppers *
 Cantaloupe Salad ‡
 Tutti Frutti ‡ *
 Coffee *

RIPE OLIVE OMELET

See page 251

SQUAB EN CASSEROLE

Select plump squabs, clean and stuff them with savory dressing, truss, and dust with pepper, salt and a little flour, then lay them into the casserole, which has been well buttered, add a grated onion, a grated carrot, the heart of celery, finely chopped, a few potato balls cut with a scoop, a lump of butter, six raisins, a slice of bacon, a wine glass of white cider and a cupful and a half of cold water. Wipe the inside of the cover very lightly with a bud of garlic. This should cook at least two hours in the oven and is of course, served in the casserole.

STUFFED GREEN PEPPERS

Cut the stem end from the peppers and remove the seed cones. Have ready a mixture made of one cupful of sausage meat, a finely minced onion, a half cupful of finely chopped mushrooms, a half a cupful of bread crumbs, a saltspoonful of pepper, half a teaspoonful of salt, a tablespoonful of chutney syrup, and a teaspoonful of chopped chives. Place the peppers in a well-buttered baking dish, after stuffing them and tying on the covers, and pour around them enough good brown gravy to half fill the dish. Bake thirty minutes and serve. This mixture will fill four large pepper shells.

CANTALOUPE SALAD

With a teaspoon cut away the inside of the melon and lay the little scooped-out pieces on ice, and chill the empty shells. Make some cream cheese balls with a few chopped nuts, a dash of sugar, and a tablespoonful of sherry. When ready to serve put the pieces of melon and the cheese balls into the empty shells with lettuce cut into ribbons, and pour over it a dressing.

TUTTI FRUTTI

Add to one pint of milk two cups of sugar, two eggs, a tablespoonful of sifted flour, two tablespoonfuls of gelatine powder soaked in a little cold water, mix thoroughly, and let them come to a boil. Cook until they reach the right consistency, between fifteen and twenty minutes, then add the gelatine; when smooth and cool, add one quart of cream, put in the freezer, freeze ten minutes, then add the fruit, a cup of candied cherries, a little grated pineapple, six chopped candied marrons, a little angelica, a dozen seeded and finely chopped raisins and a few powdered pistachio nuts, one wine glassful of apricot cordial; then cover the freezer again and finish freezing.

THURSDAY

Milk ‡ Coffee *

See page 171

MAY

FRIDAY

BREAKFAST

Grapefruit ‡
 Coddled Eggs *
 Raisin Bread ‡ *
 Toast *
 Milk ‡
 Fig Jam ‡
 Coffee *

LUNCHEON

Lobster Salad, Portland *
 French Rolls *
 Vienna Pastry *
 Milk ‡
 Tea *

DINNER

Cream of Asparagus ‡
 Olives ‡
 Sand Dabs *
 Sauce Tartare *
 Cold Slaw ‡
 Straw Fried Potatoes ‡
 Strawberries a la Mode ‡
 Milk ‡
 Coffee *

LOBSTER SALAD, PORTLAND

Mix in a bowl rubbed with a clove of crushed garlic two cupfuls of cooked lobster meat cut in dice, three tablespoons of capers, one cupful of chopped celery, one chopped sweet green pepper, one chopped pimientos, one teaspoonful of salt and half a cupful of tarragon French dressing; drain off the French dressing, mound on cold lettuce-covered plates, cover with Russian dressing and garnish with ripe olives.

RUSSIAN DRESSING

Beat into one cupful of mayonnaise half a cupful of chile sauce, three tablespoonfuls of chopped pimientos, one tablespoonful of chopped, stoned olives, two tablespoonfuls of chopped celery and two teaspoonfuls of Worcestershire sauce.

VIENNA PASTRY

Mix one cupful of cottage cheese with two cupfuls of flour and one cupful of butter, work into a smooth dough, divide into thirty small balls and set in the ice box on a platter overnight. Roll each ball out thin, place a teaspoonful of jam in the center, fold the dough over the jam, set on a baking sheet, brush with beaten egg and bake in a moderate oven.

CREAM OF ASPARAGUS

Wash and scrape one pound of asparagus, tie in a bundle, cover with boiling salted water and cook until tender, trim off the tips and reserve; press the stalks through a sieve into a clean saucepan, melt three tablespoonfuls of butter, add three tablespoonfuls of flour, work smooth, beat in four cupfuls of hot milk, add the asparagus stalks and stir and cook five minutes; add a seasoning of salt and pepper and the asparagus tips; stir in one tablespoonful of butter and serve with croutons.

SAND DABS

Dip six small cleaned and trimmed sand dabs in salted milk, cover with fine bread crumbs, lay in an oiled baking pan, sprinkle with olive oil and bake in a hot oven ten minutes. Lift out onto a hot platter with a pancake turner, sprinkle with chopped parsley, garnish with lemon slices and serve with tartar sauce.

COLD SLAW

Mix four cupfuls of finely shredded white cabbage with one chopped green pepper, one chopped pimientos, one cupful of thickly beaten sour cream, four tablespoonfuls of sugar, four tablespoonfuls of vinegar, half a teaspoonful of salt and half a teaspoonful of paprika.

MAY

SATURDAY

BREAKFAST

Raisins ‡ and Prunes *
 Shirred Eggs and Bacon *
 Milk ‡ Coffee *

LUNCHEON

Calf's Brains, Brown Butter *
 Orange and Nut Salad ‡
 Tea Biscuits *
 Oriental Cream * ‡
 Milk ‡ Tea *

DINNER

Cream of Chicken, Celery *
 Ripe Olives ‡
 Ham in Casserole, Cider Sauce *
 Brussels Sprouts ‡ Baked Potato ‡
 Vegetable Combination Salad ‡
 Chestnut Pudding, Saxony ‡ *
 Milk ‡ Coffee *

ORIENTAL CREAM

Soak two tablespoonfuls of granulated gelatine in half a cupful of cold water for twenty minutes. Heat half a cupful of milk, add the gelatine and one cupful of sugar; stir until the gelatine is dissolved, add two tablespoonfuls of lemon juice and strain into a cold bowl set in a pan of ice water. Stir until the mixture starts to thicken and stir in three-quarters of a cupful of chopped dried figs, three-quarters of a cupful of seeded and chopped California dates, the stiffly beaten whites of four eggs and two cupfuls of whipped cream. Mix well, turn into a wet mold and set on the ice for three hours. Unmold on a cold plate and serve with a cold orange sauce.

CREAM OF CHICKEN

Place in a saucepan one tablespoonful of butter and one tablespoonful of flour, heat and blend well, stir in three cupfuls of chicken or turkey stock and stir and cook fifteen minutes. Add one cupful of cooked celery that has been rubbed through a sieve and one cupful of boiling cream. Season with salt and paprika and serve with croutons.

HAM IN CASSEROLE

Brown in a hot frying pan a two-inch-thick slice of good ham, lay in an earthenware or glass casserole, add one bay leaf, one blade of mace, four whole cloves, half a teaspoonful of celery seeds, one chopped sweet green pepper, a seasoning of pepper and enough sweet cider to cover. Cover the casserole and bake in a slow oven two hours.

COMBINATION SALAD

Mix in a cold bowl that has been rubbed with a clove of crushed garlic one cupful of peeled and diced cucumbers, one cupful of diced cooked carrots, one cupful of cooked baby lima beans, one cupful of peeled, drained and chopped tomato, half a cupful of chopped sweet pickle, one chopped pimento, one chopped green pepper, one teaspoonful of salt and one cupful of French dressing. Mix well, stand in ice box for two hours, mound on lettuce-covered plates and garnish each dish with a spiral of mayonnaise.

CHESTNUT PUDDING

Split the shells on a quart of chestnuts and steam or boil until tender; remove shell and skins and place in a saucepan with one cupful of milk; boil slowly for one hour and rub through a sieve into a bowl. Stir into them half a teaspoonful of mace, half a teaspoonful of salt, one teaspoonful of vanilla extract and the well-beaten yolks of five eggs; mix well, add the stiffly beaten whites of five eggs, pour into a buttered baking dish and bake in a moderate oven fifteen minutes. Serve with orange jam or whipped cream.

MAY

SUNDAY

BREAKFAST

Melon †
 Eggs *
 Waffles *
 Milk †
 Bacon *
 Honey †
 Coffee *

DINNER

Imperial Consomme *
 Salted Nuts †
 Roast Chicken with Bread Stuffing *
 Cauliflower vol-Au-vent †
 Potato Souffle † *
 Tomato Bonfire Salad †
 Milk †
 Coffee *

SUPPER

Chilely †
 Fruit Salad †
 Cherry Cake † *
 Coffee *

ROAST CHICKEN WITH BREAD STUFFING

Dress, clean, stuff and truss a four-pound chicken. Rub entire surface with salt and spread breast and legs with soft butter, using four tablespoonfuls. Place on back on rack in dripping pan and dredge bird and bottom of pan generously with flour.

Place in hot oven and when flour is well browned, reduce heat and baste. Turn, having breast down and baste every ten minutes during the remainder of the cooking, using one-fourth cupful butter, melted in three-fourths cupful boiling water, adding more water, if necessary, to prevent burning. A four-pound chicken requires from one and one-half to one and three-fourths hours. If a chicken is roasted breast down, the breast meat is more juicy and of finer flavor than it otherwise would be.

STUFFING

One and one-half cupfuls soft bread crumbs, one-half cupful boiling water, one-third cupful butter. Poultry seasoning, salt, pepper.

Melt butter in water and add to bread crumbs, then add seasoning to taste. If stuffing is to be served cold add one beaten egg, which makes it easier to slice.

POTATO SOUFFLE

Two cupfuls mashed potatoes, two tablespoonfuls melted butter, three eggs, one cupful milk, salt, pepper, (Cayenne).

Beat the mashed potatoes until very light, add the butter, eggs well beaten, milk, salt, pepper and cayenne. Turn into a buttered baking dish and bake in a moderate oven until firm.

CHILELY

Scald and skin three large tomatoes, cut them up and stew them with chopped onion and fresh, bell pepper, also cut up. Cook until rather thick. Grate, or chop, a pound of dairy cheese; mix with a tablespoonful of butter, a teaspoonful of made mustard, two tablespoonfuls of thick cream and tabasco sauce to taste. Turn into a chafing dish and stir until nearly melted; then add the tomato sauce and stir until well mixed. Serve on hot toast.

FRUIT SALAD

One head lettuce leaves, shredded, one cupful bananas, six stewed apricots, boiled dressing.

On each plate arrange a bed of the shredded lettuce, and place a layer of the sliced bananas, topped by the halves of an apricot. Serve with whipped cream or boiled dressing.

CHERRY CAKE

Break an egg into a bowl; add two tablespoonfuls of sweet grated chocolate, one of fine bread crumbs, one of powdered sugar and beat well; add another egg, more sugar and more crumbs; then separate three more eggs and beat the yolks alternately with sugar and crumbs, one by one, until all are used; mix in lightly half a pound of fine juicy black cherries and fold in the egg whites, beaten stiff. Butter a wide shallow cake tin thoroughly, sift dried bread crumbs over it and pour in the mixture. Bake about three-quarters of an hour in a moderate oven and serve it cold.

MAY

MONDAY

LUNCHEON

Strawberries †
Spanish Omelet *

Toast *
Milk †

Jam †
Coffee *

LUNCHEON

Polentas of Beef, Noodles * †
Lettuce and Tomato Salad †
Hot Rolls *
Queen Cakes *

Milk †

Tea *

DINNER

Cold Consomme *
Green Onions †
Baked Rack of Lamb, Mint Jelly *
Wax Beans † Baked Potatoes †
Romaine Lettuce †
Cherry and Honey Pudding * †
Milk † Coffee *

BEEF POLENTAS

Place in a saucepan one sliced onion, one bay leaf, one No. 2½ can of tomato puree, two chopped green peppers and one cupful of water; bring to a boil and cook until the onion is soft; press all through a sieve into a clean saucepan and add one tablespoonful of butter. Mix one and a half pounds of finely chopped roundsteak with one well-beaten egg, one finely chopped onion, one cupful of fine bread crumbs and a seasoning of salt and pepper; roll into twelve even-sized balls and place gently in the hot sauce; bring slowly to a boil and simmer gently for one hour. Place the meat balls on a platter covered with cooked whole-wheat noodles, pour over the sauce and garnish with branches of watercress.

QUEEN CAKES

Cover the bottoms of lightly buttered small muffin tins with a layer of seedless raisins. Beat half a cupful of butter to a cream and beat into it slowly half a cupful of sugar; beat until light and creamy and add, one at a time, three eggs and beat well after adding each egg; add two cupfuls of sifted flour sifted with a few grains of salt and one level teaspoonful of baking powder; beat smooth, add one teaspoonful of orange extract, pour into the prepared muffin tins and bake in a moderate oven twenty minutes.

RACK OF LAMB

Rub a trimmed four or five-pound piece of lamb rack with a crushed clove of garlic and a seasoning of salt and pepper; place in a baking pan covered with one sliced carrot, one broken bay leaf, one sliced onion, two chopped stalks of celery, and two tablespoonfuls of chopped parsley; place in a moderate oven and baste with two tablespoonfuls of butter dissolved in three-quarters of a cupful of boiling water. When done remove to a hot platter, add to the gravy two tablespoonfuls of flour, stir until brown and strain into a hot sauce boat.

HONEY PUDDING

Mix in a bowl half a cupful of honey and two cupfuls of stale cake or bread crumbs; stir until well blended, add four tablespoonfuls of corn starch, the grated rind of one lemon, half a teaspoonful of ground cinnamon, half a cupful of milk, two tablespoonfuls of melted butter and the beaten yolks of three eggs; beat five minutes; add the stiffly beaten whites of three eggs, pour into a buttered pudding mold and bake fifteen minutes. Unmold onto a hot plate and pour over a good cherry sauce.

CHERRY SAUCE

Make a cupful of cherry juice by pressing ripe cherries through a sieve. Mix in a small saucepan two-thirds of a cupful of sugar, two tablespoonfuls of flour, and a few grains of salt; add the cherry juice and one-third of a cupful of water, mix well, add two tablespoonfuls of lemon juice and stir and cook over a slow fire until thick and smooth. Remove from the fire and beat in two teaspoonfuls of butter broken in small bits.

MAY

TUESDAY

BREAKFAST

Grapefruit ‡
Onion Omelet *
Toast *

Rhubarb and Orange Jam ‡

Milk ‡

Coffee *

LUNCHEON

Polish Chops *
Nut and Cucumber Salad ‡
Strawberry Ice ‡
Horse's Neck Tea *

DINNER

Puree of Celery ‡
Chow Chow
Baked Heart *
Kohlrabi ‡
Currant Jelly ‡
Stuffed Tomatoes ‡
Carrot Salad ‡
Green Tomato Pie ‡ *
Coffee *

RHUBARB AND ORANGE JAM

Peel one dozen ripe oranges, remove the white pith and the seeds, slice the pulp into a preserving pan, add the rind of half the oranges cut into strips and two pounds of sugar. Peel and cut fine three bunches of rhubarb; let the oranges and sugar melt together; pour boiling water on the rhubarb and let it stand for ten minutes, drain and add the rhubarb to the orange. Cook over an even fire, stirring carefully with a wooden spoon, until the jam is done; remove all the scum as it rises; when partially cool turn the jam into little pots and when thoroughly cool cover.

POLISH CHOPS

Select as many loin veal chops as are needed to serve one to a portion. Fry them quickly in fat in a hot frying pan. When done remove and drain. Have ready two onions chopped fine with a tablespoonful of parsley, and a quarter of a pound of calf's liver chopped with four slices of bacon; mix altogether; season, adding a little dusting of sweet herbs and spread one side of the chops with the mixture. Dot each with little lumps of butter, put them in a buttered baking pan, and turn over them a cup of heavy stock. Let them cook in the oven until the dressing mixture is done, basting often. Remove to a hot platter and turn the gravy over them.

BAKED HEART

Put a beef heart to soak in warm water for two hours. Wipe it dry and after cutting open the lobes stuff the heart with savory force-meat, tie the heart with kitchen tape, and bake in covered roaster two hours basting often. Serve the gravy, slightly thickened, and currant jelly with the heart.

KOHLRABI

Pare, cut in quarters two bunches of kohlrabi, boil in salted water until tender, about thirty minutes; drain and cover with a rich drawn butter to which a tablespoonful of fried bread crumbs has been added.

WEDNESDAY

Strawberries ‡
Willowbrook Shirred Eggs *
Virginia Spoon Bread *
Medley Preserve ‡

Coffee #

Lamb Chops, Reforme *
Lettuce and Pimiento Salad †
Biscuits *
Frozen Orange Whip †
Iced Tea *

Cream of Watercress Soup †
Salted Nuts †
Planked Sirloin Steak *
Spanish Potatoes †
Nugget Salad †
Pineapple Jelly †
Coffee *

Cut six Willowbrook sausages in half-inch pieces and fry in one teaspoonful melted butter six minutes. Add one cup tomato sauce, to which has been added one teaspoonful finely chopped parsley. Put mixture in six buttered shirred egg dishes, crack two eggs in each dish and bake until eggs are set.

Heat one-half of a pint of sweet milk to the boiling point, stir in one-half a cupful of corn meal, cook five minutes; then beat one tablespoonful of butter and one-half remaining milk (one quarter pint) into the mush, add one beaten egg, beat vigorously once more. Gradually beat in remaining milk. Put mixture into buttered dish and bake twenty-five minutes in hot oven. Serve at once.

One quart red raspberries, a quart red currants, one quart red cherries, one ripe pineapple, two large oranges, one pound Sultana raisins, sugar.

Wash and stone the cherries, pick and wash the raspberries, stem the currants, pare and shred the pineapple and cut the oranges into small pieces without skinning them. Wash and dry the raisins. Measure the fruit, put it into a preserving pan over a slow fire and simmer for one hour, stirring often. Heat as many pounds of sugar as there are pounds of fruit, add to the boiling fruit, and cook to the consistency of marmalade. Seal in jars.

Wipe six French chops and sprinkle with one-half teaspoonful salt and one-fourth teaspoonful pepper. Roll in flour, egg (slightly beaten, and diluted with one and one-half tablespoonfuls water) and five tablespoonfuls finely chopped raw ham. Saute in a hot iron frying pan, arrange in a hot platter and pour around the following sauce; cut in thin strips two gherkins, six mushroom caps and whites of one hard-boiled egg. Add two tablespoonfuls white grape juice and three-fourths of a cupful of brown stock. Bring to the boiling point and simmer five minutes. Season to taste with salt.

Two cupfuls of boiling water, one-half of a cupful of sugar, one cupful of pineapple juice, three tablespoonfuls of lemon juice, two tablespoonfuls granulated gelatine, two tablespoonfuls of cold water, one and one-third cupfuls pineapple cubes.

Pour water over sugar and when sugar has dissolved, add gelatine soaked in cold water five minutes; then add juice drained from canned pineapple and lemon juice and strain. When mixture begins to thicken, add canned pineapple, cut in half-inch cubes. Turn into a mould, first dipped in cold water, and chill thoroughly.

MAY

THURSDAY

BREAKFAST

Sliced Oranges ‡
 Cheese Omelet *
 Milk ‡
 Jelly ‡
 Coffee *

LUNCHEON

Fritura Mixta *
 Asparagus and Lettuce Salad ‡
 Milk ‡
 Banana Compote ‡
 Tea *

DINNER

Cream of Spinach ‡
 Olives ‡
 Baked Shoulder of Lamb *
 Green Peas ‡
 Baked Potatoes ‡
 Chicory and Orange Salad ‡
 Milk ‡
 Cherry Tarts ‡ *
 Coffee *

CHEESE OMELET

Beat the yolks of four eggs with one tablespoonful of hot water until light and creamy. Beat the whites of four eggs to a stiff froth with one-quarter of a teaspoonful of salt. Pour the yolks over the whites and fold until evenly mixed. Melt two tablespoonfuls of butter in an omelet pan and pour in the egg mixture, spread smooth, place over a slow fire and turn the pan so that all parts of the bottom will be evenly browned; place the pan on the top shelf of a moderate oven and bake until firm. Remove from the oven, sprinkle over three tablespoonfuls of grated cheese mixed with one-quarter of a teaspoonful of paprika, slide the omelet half out onto a hot platter, lift pan so as to fold over the other half and serve very hot.

FRITURA MIXTA

Mix three-quarters of a cupful of finely minced cooked chicken with three-quarters of a cupful of chopped cooked veal, three-quarters of a cupful of finely chopped, cooked lamb's kidneys, three-quarters of a cupful of finely-chopped blanched calf's brains, three-quarters of a cupful of finely chopped cooked artichoke hearts and one slightly beaten egg; season with salt and pepper and form into small even-sized cakes. Sift one cupful of sifted flour, one-third of a teaspoonful of salt, and one and a half teaspoonfuls of baking powder, and while beating add one lightly beaten egg and a half a cupful of milk; beat smooth, add four tablespoonfuls of milk and beat smooth. Dip the mixed meat cakes in the batter, drop into boiling hot vegetable shortening and fry a nice brown. Place on a bed of cooked spaghetti and pour over a good tomato or Italian sauce. Sprinkle with grated Parmesan cheese and serve.

BANANA COMPOTE

Melt two cupfuls of currant jelly in a shallow saucepan, add eight peeled bananas and stew slowly for twenty minutes, lift out the bananas, split in halves lengthwise, lay in a glass dish, pour over the melted jelly, set in the ice box until thoroughly chilled and serve.

SHOULDER OF LAMB

Season a boned shoulder of lamb with pepper and salt, rub well with a clove of garlic and place in a shallow earthenware baking dish, the bottom of which has been covered with one sliced onion, one sliced carrot, two tablespoonfuls of chopped parsley, six whole cloves, one bay leaf and one cupful of water; place in a moderate oven and bake one and a half hours, basting often.

CHERRY TARTS

Line twelve tartlet molds with cookie dough, fill with dry beans and bake; remove the beans and cool. Remove the pits from three cupfuls of cherries. Place one cupful of cherries in a saucepan, add one cupful of sugar and one cupful of water. Bring to a boil and simmer twenty minutes; strain into a bowl, add two tablespoonfuls of granulated gelatine dissolved in half a cupful of warm water; stir until dissolved. Fill the shells lightly with the stoned cherries and pour over the cherry jelly; set in a cold place until firm and serve.

MAY

FRIDAY

BREAKFAST

Raspberries and Cream ‡
Eggs Al Pomodoro * ‡
Toast * Apricot and Plum Jam ‡
Milk ‡ Coffee *

LUNCHEON

Shrimp Salad *
Bread and Butter Sandwiches *
Pineapple Blanc Mange ‡
Iced Tea *

DINNER

Fruit Cocktail ‡
Celery Sticks ‡
Baked Filet of Halibut *
Creamed Carrots Belgian Potatoes ‡
Cucumber Salad ‡
Strawberry Shortcake ‡ *
Milk ‡ Coffee *

EGGS AL POMODORO

Place in an omelet pan two tablespoonfuls of olive oil, add a thin shaving of garlic, one small thinly sliced onion, and one seeded and chopped green pepper; fry until the vegetables are soft, not brown, add four peeled and sliced tomatoes, cover and simmer thirty minutes. Add a seasoning of salt and pepper, six eggs beaten slightly, and one tablespoonful of grated Parmesan cheese. Stir and cook until creamy, but not dry; turn out on a hot platter and garnish with toast points fried a nice brown in hot olive oil.

APRICOT AND PLUM JAM

Wash, pit and cut into quarters four pounds of apricots; wash, pit and cut into quarters four pounds of plums, mix with seven pounds of sugar and let stand overnight. Place in a preserving kettle, bring slowly to a boil, stirring often, and simmer until thick. Pour into glasses, cool and seal.

**SHRIMP SALAD
PINEAPPLE BLANC MANGE**

See page 196

ICED TEA

Place in a bowl two tablespoonfuls of tea and twelve fresh mint leaves, pour over two cupfuls of fresh boiling water, cover and let stand five minutes; strain into a bowl, add two-thirds of a cupful of sugar, a piece of ice, and the strained juice of one lemon; stir until the sugar is dissolved and pour into a glass pitcher half-filled with fine ice. Add thin lemon slices and a bunch of mint.

BELGIAN POTATOES

Wash, peel and cut in thin slices four cupfuls of potatoes and lay in an earthenware or glass baking dish that has been brushed with melted butter. Place in a small saucepan four tablespoonfuls of butter, half a teaspoonful of salt, one quarter of a teaspoonful of paprika, and one tablespoonful of lemon juice; stir until hot and the butter is melted, pour half over the potatoes, set in a hot oven and when half cooked stir lightly with a fork, pour over the balance of the melted butter and bake until lightly browned and crisp.

MAY

SATURDAY

BREAKFAST

Grapefruit ‡
 Poached Eggs, Maryland *
 Scones * Marmalade ‡
 Milk ‡ Coffee *

LUNCHEON

Lamb Kidney Saute *
 Baked Potato ‡
 Lettuce, Tomato Dressing ‡
 Milk ‡ Holland Peach Cakes ‡ * Tea *

DINNER

Cream of Celery ‡
 Young Onions ‡
 Roast Beef * Yorkshire Pudding *
 Spinach with Eggs ‡ *
 Browned Potatoes ‡
 Carrot Salad ‡
 Milk ‡ Apricot Pudding ‡ * Coffee *

POACHED EGGS, MARYLAND

Place two poached eggs on two squares of buttered toast, cover with cream sauce, lay a slice of fried bacon across each egg and garnish with a crisp corn fritter.

LAMB KIDNEYS SAUTE

Skin, split and cover with salted water eight lamb kidneys; let stand twenty minutes, drain wipe dry between towels. Place in a bowl, add one tablespoonful of olive oil and mix well. Heat two tablespoonfuls of butter in a frying pan, add the kidneys and one tablespoonful of finely chopped green onions; toss or shake the pan over the fire for four minutes, place on squares of buttered toast, sprinkle over a seasoning of salt and pepper. Add to the butter in the pan one tablespoonful of butter, one teaspoonful of chopped parsley, and two tablespoonfuls of orange juice; heat and pour over the kidneys.

TOMATO DRESSING

Place in the top of a double boiler one teaspoonful of salt, one-quarter of a teaspoonful of dry mustard, half a teaspoonful of paprika, and one tablespoonful of flour; mix well, add one cupful of strained tomato juice and stir and cook five minutes; add two tablespoonfuls of lemon juice and the yolk of one egg, mix well and cook one minute; remove from the fire, add one tablespoonful of butter in small bits and beat well for one minute. Set in a cold place to become thoroughly chilled before using.

HOLLAND PEACH CAKES

Drain the syrup from one can of peach halves. Sift two cupfuls of sifted flour with four level teaspoonfuls of baking powder, two teaspoonfuls of sugar, and one teaspoonful of salt; rub into these, as for biscuits, five tablespoonfuls of butter and when like coarse meal work to a smooth dough with one cupful of milk. Roll out half an inch thick on a floured board cut in rounds with a large biscuit cutter, make a depression in the center of each round, lay on each round a peach half and sprinkle well with sugar mixed with ground cinnamon. Bake ten minutes and serve with a sauce made of peach syrup heated with one tablespoonful of butter and one teaspoonful of lemon juice.

CARROT SALAD

Mix two cupfuls of grated raw carrot with one cupful of chopped white celery, two chopped sweet green peppers, one head of lettuce broken in shreds, and half a cupful of lemon French dressing. Serve on cold, lettuce-covered plates.

APRICOT PUDDING

Butter custard cups and sprinkle the sides and bottom with fine bread crumbs. Press the fruit from one large can of apricots through a sieve and add to it one teaspoonful of lemon juice, the beaten yolks of two eggs, half a teaspoonful of cinnamon and four tablespoonfuls of sugar, mix well and pour into the crumbed custard cups; bake thirty minutes in a medium oven. Cover the tops with a meringue made with the stiffly beaten egg whites and six tablespoonfuls of sugar; dust with sugar, return to the oven and bake a nice brown. Good hot or cold.

MAY

SUNDAY

BREAKFAST

Waffles * Sliced Oranges ‡
Milk ‡ Broiled Ham and Country Gravy *
 Coffee *

DINNER

Celery and Roquefort Canape ‡
Salted Nuts ‡
Chicken Saute, Lisbon *
Buttered String Beans ‡
Potatoes Souffle ‡
Hearts of Lettuce ‡
Brunswick Dressing *
Alaska Pie *
Milk ‡ Coffee *

SUPPER

Welsh Rarebit *
Almost Beer *

CELERY AND ROQUEFORT CANAPE

Wash and peel the inside stalks of a head of celery and cut in two-inch pieces. Cream one tablespoonful of butter and work into it two tablespoonfuls of Roquefort cheese, one tablespoonful of finely chopped walnut meats, and a high seasoning of salt and paprika. Fill the inside of the celery stalks with the mixture and serve on fingers of toasted bread.

CHICKEN SAUTE, LISBON

Heat two tablespoonfuls of butter and two tablespoonfuls of olive oil in a saute pan; place in it two cleaned and jointed chickens and saute a nice, golden brown; add one finely chopped clove of garlic and four finely chopped shallots and cook two minutes; add three peeled and sliced tomatoes, one can of French mushroom pieces and stems, simmer ten minutes, add one and a half cupfuls of seasoned tomato sauce and simmer five minutes. Place the chicken on a hot platter, pour over the sauce and sprinkle with finely grated orange rind and chopped parsley.

BRUNSWICK DRESSING

See page 144

ALASKA PIE

Beat yolks of two eggs with four tablespoonfuls of sugar, one teaspoonful of lemon juice, and two tablespoonfuls of water and heat until light and creamy. Beat the whites of two eggs with four tablespoonfuls of sugar until stiff. Combine the yolk mixture with the egg whites and beat well, add half a cupful of sifted flour sifted with one-quarter of a teaspoonful of baking powder and fold in lightly. Evenly fill a buttered and floured cake shell pan with the mixture and bake in a moderate oven twenty minutes. Let cool and just before serving cover the bottom of the shell, with thinly sliced preserved peaches and fill the shell with one-quart of vanilla ice cream; cover with a stiff meringue and brown in a quick oven. Serve as soon as removed from the oven.

WELSH RAREBIT

Place in a double boiler two tablespoonfuls of buttermilk and two and a half cupfuls of finely chopped rich American cheese; add one level tablespoonful of butter and stir continuously one way until melted. Have ready one whole egg beaten with one teaspoonful of dry mustard, one-quarter of a teaspoonful of salt, one teaspoonful of table sauce, and one-quarter of a teaspoonful of paprika. When the cheese is melted take double boiler to the side of the fire and stir in the egg mixture; pour over buttered toast on hot plates and serve.

MAY

MONDAY

BREAKFAST

Sliced Figs and Cream †

Poached Eggs *

Toast *

Milk †

Plum Jelly †

Coffee *

LUNCHEON

Pig's Feet in Jelly *

Potato Salad †

Hot Rolls *

Peach Dumplings † *

Milk †

Iced Tea *

DINNER

Consomme Frappe *

Spiced Pickles †

Baked Ham *

Spinach †

Jelly Sauce †

Baked Potatoes †

Orange and Celery Salad †

Cherry Pie † *

Buttermilk †

PLUM JELLY

Place in a preserving kettle ten pounds of firm ripe plums and add just enough water to cover, bring to a boil and simmer until soft, pour into a jelly bag and drain without squeezing. Measure the juice, return to the kettle and boil twenty minutes; add an equal amount of dry sugar and boil until a little will jell when dropped on a cold plate. Pour into clean glasses and seal while hot.

PIG'S FEET IN JELLY

Place four cleaned pig's feet in a bowl, cover with cold water and let stand three hours, drain place in a pot and barely cover with cold water; bring slowly to a boil and simmer gently until tender; remove from the fire and draw out all of the bones, return to the liquid, add one teaspoonful of finely chopped sage, one tablespoonful of finely chopped parsley, and a seasoning of pepper, salt and mace. Simmer slowly until the liquid is reduced to a jelly. Pour into a wet bread pan, set in the ice box four hours, slice and serve on a lettuce-covered platter.

POTATO SALAD

See page 161

PEACH DUMPLINGS

Mix two cupfuls of peeled and diced peaches with half a cupful of sugar. Sift two cupfuls of sifted flour with four teaspoonfuls of baking powder, one-quarter of a teaspoonful of salt, and one teaspoonful of sugar; rub into these four tablespoonfuls of butter and when like coarse meal mix to a soft dough with two-thirds of a cupful of milk. Roll out on a floured board and cut in pieces that will line deep muffin pans; nearly fill with the chopped peaches, wet the edges of the dough, cover with a circle of the dough, brush with melted butter and bake in a moderate oven twenty minutes. Serve hot with cream.

SPICED PICKLES

Select 100 gherkins (small cucumbers) of even size and sound, wash and dry them. Place in a small cheese-cloth bag twelve whole pepper corns, twelve whole allspice, one piece of broken ginger root, and three two-inch sticks of cinnamon. Mix in a preserving kettle four quarts of apple cider, and two cupfuls of brown sugar, add the gherkins and the spice bag, bring to a boil, reduce the heat and simmer slowly and steadily for three hours. Pack the gherkins on end in glass jars, cover with the syrup, seal, store in a cool dark place and let stand four weeks before using.

MAY

TUESDAY

BREAKFAST

Melon ‡
 Flaked Haddock with Cheese Sauce *
 Toast * Jam ‡
 Milk ‡ Coffee *

LUNCHEON

Casserole of Lamb, Greek Style *
 Chinese Salad ‡
 Orange Sponge Cake ‡ *
 Milk ‡ Tea *

DINNER

Beef and Asparagus Soup *
 Celery ‡
 Roast Veal *
 Spinach ‡ Potatoes ‡
 California Salad ‡
 Milk ‡ Apricot Roll ‡ *
 Coffee *

CASSEROLE OF LAMB**Greek Style**

Order four pounds of the thick part of a forequarter of lamb cut in pieces for serving. Salt and pepper each piece. Fry out pieces of fat cut from the meat in an iron frying pan. Then add the seasoned meat and fry until nicely browned. Remove to a casserole, or, lacking one, to a large baking dish. Peel and slice an onion and fry in the pan until well browned, adding it to the meat, together with two or three carrots washed, scraped and cut in pieces the size of a walnut, one teaspoonful each of thyme and marjoram, and a bit of bay leaf. Pour two cups of boiling water into the frying pan, scraping off all the brown particles adhering to the pan and then pour over the meat. Cover tightly and cook in a moderate oven until tender. Remove as much fat as possible, thicken with a little cold water and cook ten or fifteen minutes longer. Serve from casserole.

CHINESE CABBAGE SALAD

Sometimes this is served in rather large pieces, but it is easier to eat if coarsely shredded. The shredded leaves should be crisped in ice water at least an hour. Then drain, dry and pour over a French dressing made of one-half teaspoonful of salt, one eighth teaspoonful of white pepper, a dash of cayenne, two tablespoonfuls of vinegar and four tablespoonfuls of olive oil.

APRICOT ROLL

The night before soak half a pound of dried apricots in just enough water to cover. In the morning stew them in the same water with one-fourth cup of sugar, having as little liquid when finished as possible. When done force through a sieve. Make a rich biscuit dough of one cup of bread flour, three teaspoonfuls of baking powder, one-half teaspoonful of salt, one-fourth cup of butter and one-third to one-half cup of milk. Roll out quite thin in rectangular shape. Spread with one-half of the apricot puree, reserving the other half for the sauce. Sprinkle two tablespoonfuls of sugar over the mixture and roll it up. Place in a shallow buttered pan, arranging roll in horseshoe shape and bake twenty-five minutes in a hot oven. Then remove to serving dish and spread one-half of the sauce over the roll while hot, reserving the remainder in a sauce dish.

APRICOT HARD SAUCE

Cream one-fourth cupful of butter, add gradually one-half cupful of confectioner's sugar and when well creamed add very slowly one-half cupful of apricot puree.

MAY

WEDNESDAY

BREAKFAST

Sliced Peaches †
 Eggs Scrambled with Green Peppers * †
 Toast * Banana Jam †
 Milk † Coffee *

LUNCHEON

Molded Pork Salad *
 Gardena Sandwiches † *
 Iced Tea *

DINNER

Fruit Cocktail †
 Olives †
 Rack of Lamb, Jardiniere *
 Green Peas † Baked Potatoes †
 Romaine Lettuce, Brunswick Dressing †
 Apricot Parfait †
 Milk † Coffee *

BANANA JAM

Peel twelve ripe, firm bananas and cut in thin slices crosswise, weigh, and to each pound of banana pulp add three-quarters of a pound of sugar. Add the strained juice and pulp of six oranges and the strained juice and pulp of four lemons, place in a preserving kettle, bring slowly to boil and simmer for three-quarters of an hour. Pack in hot, clean glasses and seal.

MOLDED SALAD

Soak two tablespoonfuls of granulated gelatine in one-third of a cupful of cold water for five minutes, add three-quarters of a cupful of boiling water and stir until the gelatine is dissolved. Add one tablespoonful of lemon juice and one tablespoonful of mustard; stir until it starts to thicken, then add one cupful of chopped cold roast pork freed of all fat and gristle, one tablespoonful of chopped pimiento, two tablespoonfuls of chopped sweet pickles, one tablespoonful of chopped capers, four tablespoonfuls of chopped peeled celery, and five tablespoonfuls of whipped cream. Pour into six individual molds, set in ice box for two hours, unmold on lettuce covered plates and garnish with mayonnaise.

GARDENA SANDWICH

Beat half a cupful of butter to a cream, and beat into four tablespoonfuls of chopped pimientos, two tablespoonfuls of grated horseradish, one tablespoonful of chopped onion, one tablespoonful of chopped chives, and two tablespoonfuls of mayonnaise dressing. Spread on thin slices of bread, cover with another slice of bread, trim off crust and cut in finger-shape pieces.

BRUNSWICK DRESSING

Rub the yolks of two hard-boiled eggs through a sieve and mix with them half a teaspoonful of salt, half a teaspoonful of mustard, and half a teaspoonful of paprika, rub smooth and add slowly two tablespoonfuls of tarragon vinegar and when well mixed add a little at a time, half a cupful of olive oil. Beat until smooth and add one teaspoonful of finely chopped chives.

APRICOT PARFAIT

Rub enough stoned apricots through a sieve to make three cupfuls of pulp and add to it three cupfuls of cream, the strained juice of one and a half lemons, twelve blanched and chopped almonds. Place the mixture in a mold, cover tight and pack in two parts fine ice and one part rock salt for three hours. Unmold on a cold plate, cut in slices and serve with sponge cake or small cookies.

MAY

THURSDAY

BREAKFAST

Sliced Bananas ‡
Ham and Eggs, Country Style *
Whole Wheat Muffins * Jelly ‡
Milk ‡ Coffee *

LUNCHEON

Individual Meat Pies *
Raw Carrot Salad ‡
Fresh Apricot Blanc Mange ‡ *
Milk ‡ Tea *

DINNER

Avocado Cocktail ‡
Celery ‡
Belgian Hare en Casserole *
Summer Squash ‡ Mashed Potatoes ‡
Watercress and Nut Salad ‡
Cherry Cobbler ‡ *
Milk ‡ Coffee *

WHOLE WHEAT MUFFINS

Sift three cupfuls of 100 per cent whole wheat flour with one teaspoonful of salt, two tablespoonfuls of sugar and six level teaspoonfuls of baking powder; add to these two well-beaten eggs, two tablespoonfuls of butter and one and three-quarters cupfuls of milk; beat smooth, fill buttered muffin tins three-quarters full with the mixture, brush the tops with melted butter and bake twenty minutes in a hot oven.

MEAT PIES

Make two cupfuls of white sauce with three tablespoonfuls of butter, three tablespoonfuls of flour, and two cupfuls of milk. Run through the fine knife of the meat chopper four cupfuls of clear cooked beef and season with salt, pepper, and three teaspoonfuls of finely chopped parsley. Butter individual baking dishes and sprinkle the bottom and sides with grated bread crumbs. Cover the bottoms of the dishes with a layer of the white sauce, cover the sauce with a layer of the minced meat, add a layer of the white sauce and continue this until the dishes are filled. Cover the tops with a layer of seasoned mashed potatoes, smooth with a knife blade, brush with beaten egg yolk and bake in a medium hot oven thirty minutes.

APRICOT BLANC MANGE

Mix half a cupful of sifted sugar with six level tablespoonfuls of cornstarch, place in a double boiler, add one-half teaspoonful of salt and three cupfuls of milk, stir and cook twenty-five minutes or until thick and smooth. Stir in two well-beaten eggs and three-quarters of a cupful of peeled and diced fresh apricots, stir and cook one minute, add one teaspoonful of vanilla and one-half teaspoonful of lemon extract. Beat smooth, pour into individual custard cups and set in the ice box for three hours. Unmold on serving plates and serve with cream.

CHERRY COBBLER

See page 206

MAY

FRIDAY

BREAKFAST

Sliced Peaches and Cream †

Eggs Havana *

Raspberry and Currant Jam †

Toast *

Milk †

Coffee *

LUNCHEON

Crab Meat Monaco *

Orange Salad †

Crescent Rolls *

Mocha Cake *

Iced Tea *

DINNER

California Oyster Cocktail *

Ripe Olives †

Baked Halibut Steaks, Bread Dressing *

String Beans Saute †, Chip Potatoes †

Cucumber and Tomato Salad †

Strawberry Sponge † *

Sour Cream Cookies *

Milk †

Coffee *

EGGS HAVANA

Place in an omelet pan six tablespoonfuls of sausage meat and two tablespoonfuls of finely chopped onion, stir and cook five minutes. Beat seven eggs until light with a seasoning of salt and paprika, pour into the pan and stir and cook until creamy and thick. Pour over slices of buttered toast and serve hot.

RASPBERRY AND CURRANT JAM

Place in a preserving kettle six cupfuls of cleaned raspberries, mash, add one cupful of currant juice and stirring well from the bottom bring to a boil; add two and three-quarter cupfuls of sugar and cook until thick. Stir often to keep from burning. Pack in hot jars and seal.

CRAB MONACO

Remove the seeds and stems from a green pepper, cut in small squares, cover with boiling water, add one-eighth of a teaspoonful of soda, boil up, drain well and dry. Make a white sauce with two tablespoonfuls of butter, three tablespoonfuls of flour, and two cupfuls of milk, cook five minutes, add the green pepper, one pimienta cut in small squares and two cupfuls of cooked crab meat; heat, add a seasoning of salt and paprika, half a cupful of stoned and sliced olives and one slightly beaten egg. Pour over slices of buttered toast and sprinkle with finely chopped parsley.

MOCHA CAKE

Beat half a cupful of butter to a cream and beat into it one cupful of sugar, beat until smooth, add half a cupful of strong black coffee and two cupfuls of sifted flour sifted with two and a half level teaspoonfuls of baking powder; beat three minutes, add one teaspoonful of vanilla extract and stiffly beaten whites of four eggs. Pour into two buttered and floured layer cake tins and bake in a moderate oven. Cool, and spread between the layers and over sides and top mocha frosting.

MOCHA FROSTING

Beat half a cupful of sweet, unsalted butter to a cream and beat into it slowly two and a half cupfuls of sifted confectioner's sugar and two teaspoonfuls of vanilla extract, beat well, add four tablespoonfuls of cold, strong black coffee and work until smooth.

MAY

SATURDAY

BREAKFAST

Strawberries and Cream †
Coddled Eggs *
Toast * Plum Gumbo *
Milk † Coffee *

LUNCHEON

Jellied Chicken Salad *
Hot Rolls *
Almond Gingerbread a la Mode † *
Grape Juice Cup †

DINNER

Melon Cocktail †
Salted Nuts †
Lamb Steak, Bercy *
Creamed Baby Carrots †
Hashed Brown Potatoes †
Lettuce French Dressing †
Apricot Rice Pudding † *
Milk † Iced Coffee *

PLUM GUMBO

See page 255

CHICKEN SALAD

Cover two teaspoonfuls of granulated gelatine with one and a half cupfuls of seasoned chicken stock, let stand fifteen minutes, place over a slow fire and stir until the gelatine is dissolved. Set the pan in cracked ice and when the jelly starts to thicken stir in one-third of a cupful of mayonnaise, one tablespoonful of chopped pimiento, one tablespoonful of chopped green pepper, three tablespoonfuls of peeled and chopped celery, and one and a half cupfuls of cold cooked chicken cut in small dice. Brush small mold with olive oil, fill with the mixture and set in the ice box for three hours. Cover salad plates with crisp, shredded lettuce, place on each plate a large slice of tomato, unmold one of the salads on the tomato slice, dash with paprika and sprinkle with chopped parsley; pour over the lettuce a little French dressing and serve very cold.

ALMOND GINGERBREAD

Beat the yolks of five eggs well, add gradually one and a quarter cupfuls of sugar and beat until light and creamy; add the stiffly beaten whites of five eggs, one cupful of seedless raisins, three-quarters of a cupful blanched and coarsely chopped almonds, one tablespoonful of molasses, two tablespoonfuls of melted butter, four tablespoonfuls of milk, and two and a quarter cupfuls of sifted flour sifted with three teaspoonfuls of baking powder, one teaspoonful of cinnamon, one teaspoonful of ginger, half teaspoonful of cloves and half a teaspoonful of nutmeg. Beat well, pour into a buttered and floured cake tin, sprinkle over the top three-quarters of a cupful of blanched and chopped almonds and bake in a moderate oven thirty-five to forty minutes. Cut in squares when cold, place a square on a cold plate and top with a serving of vanilla ice cream.

MELON COCKTAIL

Cut two cupfuls of balls with a potato ball cutter from the heart of a water-melon and mix with two cupfuls of balls cut from a honey-dew melon; place in the ice box to chill. Place in a saucepan one cupful of pineapple juice, three tablespoonfuls of orange juice, and one-third of a cupful of sugar; bring to a boil and boil five minutes, remove from the fire and chill. Fill stem glasses with the melon balls, pour over the syrup and decorate with a sprig of mint and maraschino cherry.

MAY

SUNDAY

BREAKFAST

Cantaloupe ‡
 Shirred Eggs *
 Waffles *
 Milk ‡
 Honey ‡
 Coffee *

DINNER

Fresh Fruit Cocktail ‡
 Celery ‡
 Salted Almonds ‡
 Roast Domestic Duck *
 Apple Sauce ‡
 String Beans ‡
 Potatoes au Gratin ‡
 Avocado Salad ‡
 Raspberry Cream Pie ‡ *
 Milk ‡
 Coffee *

SUPPER

Ham and Tomato Sandwich ‡ *
 Shredded Lettuce and Pineapple Salad ‡
 Peach Sillibub ‡ *
 Grape Juice Cup ‡

FRUIT COCKTAIL

Peel and dice three oranges, mixed with two cups of thickly sliced strawberries and two cups of diced pineapple; add sugar to taste, pour over the fruit juices, set in the ice box until thoroughly chilled and serve in tall stem glasses set in a bed of cracked ice. Garnish with a whole berry.

ROAST DUCK

Clean the duck, stuff with sticks of celery and finely chopped young green onions, season with salt and pepper, place in a roasting pan, add one sliced carrot, one sliced onion and half a cup of water; place in a hot oven, baste often until tender. Remove the fat from the gravy, add one cup meat stock, boil five minutes and pour over the duck.

POTATOES AU GRATIN

Mix two cups of cream sauce with three cups of boiled and diced potatoes, place in a buttered earthenware dish, sprinkle the top with grated Parmesan cheese, dot with bits of butter and bake a nice brown. Serve in the same dish.

AVOCADO SALAD

See page 301

HAM AND TOMATO SANDWICH

Finely chop two cups of cooked ham and mix with half a cup of creamed butter, half a teaspoon of dry mustard, one tablespoon of table sauce and two tablespoons of chopped capers. Spread on slices of toast, and cover with a lettuce leaf, mayonnaise with thin slices of tomato and cover tomato with a slice of buttered toast. Cut, place on a lettuce-covered plate and garnish with pickles and ripe olives.

PEACH SILLIBUB

Mix two cups of canned diced peaches with half a cup fine sugar, and two tablespoons of grated orange rind; add the stiffly beaten whites of three eggs and beat well; fold in one and a half cups of whipped cream, fill six tall glasses with the mixture, sprinkle with grated cocoanut, garnish with a whole cherry and set in the ice box for one hour.

MAY

MONDAY

BREAKFAST

Preserved Figs and Cream †
 Scrambled Eggs with Parsley * †
 Toast * Jelly †
 Milk † Coffee *

LUNCHEON

Broiled Codfish and Oyster Sauce *
 Boiled Potatoes † Hot Biscuits *
 Pear Salad †
 Danish Custard *
 Milk † Tea *

DINNER

Onion Soup †
 Baltimore Relish †
 Baked Shoulder of Veal *
 Potatoes Souffle † * Succotash †
 Cold Slaw in Cabbage Shell †
 Orange Tartlets * †
 Tea * Coffee *

DANISH CUSTARD

Two-thirds cupful sugar, caramelized, one quarter cupful sugar, six eggs, one quart milk, one-half teaspoonful salt, one teaspoonful vanilla. Put two-thirds cupful sugar in pudding dish, place on hot part of range and stir constantly until sugar is melted and a syrup of light brown color is formed; then set pan at once in larger pan of cold water to stop the cooking, and let stand about one minute, turning the pan to allow the caramel to coat sides, as well as bottom. Beat eggs slightly, add plain sugar, milk, salt and vanilla and strain into pan lined with caramel. Set in pan of hot water and bake until firm, which may be determined by running a sliver knife through custard. If knife comes out clean, custard is done. During the baking, do not allow the water surrounding the mold to reach the boiling point, or custard will whey. Chill and turn on a glass serving dish.

BALTIMORE RELISH

Two cupfuls finely shredded cabbage, one red pepper, finely chopped, one and one-half teaspoonful celery salt, two tablespoonfuls sugar, one-half teaspoonful salt, one quarter teaspoonful mustard, one quarter cupful vinegar. Mix celery salt, sugar, salt and mustard and pour on slowly the vinegar. Add pepper to cabbage and then add first mixture.

POTATO SOUFFLE

Two cups mashed potatoes, two tablespoonfuls melted butter, three eggs, one cupful milk, salt, pepper, cayenne.

Beat the mashed potatoes until very light, and the butter, eggs well beaten, milk, salt, pepper and cayenne. Turn into a buttered baking dish and bake in a moderate oven until firm.

ORANGE TARTLETS

Cover inverted patty pans (or muffin pans) with plain paste and bake in quick oven. Remove from pans, place on tin baking sheet, fill with orange filling, cover with meringue and bake ten minutes.

ORANGE FILLING

One cupful sugar, one-quarter cupful flour, grated rind one orange, one-half cup orange juice, one tablespoon lemon juice, two eggs slightly beaten, two teaspoonfuls butter.

Mix ingredients in order given. Cook twelve minutes in double boiler, stirring constantly, until mixture thickens, and afterwards occasionally.

MERINGUE

White two eggs, one-half teaspoonful vanilla, four tablespoons granulated sugar.

Beat whites of eggs until very stiff and add sugar, gradually continuing the beating; then add flavoring.

MAY

TUESDAY

BREAKFAST

Stewed Prunes *
 Rice with Dates and Cream † *
 Toasted Muffins * Marmalade †
 Milk † Coffee *

LUNCHEON

Mixed Grill *
 Straw Fried Potatoes †
 Cream Puffs *
 Milk † Coffee *

DINNER

Russian Goulash *
 Potato Croquettes †
 Chicory Salad †
 Apricot Layer Pie *
 Milk † Coffee *

RICE WITH DATES

Place one cup of washed rice in a double boiler, add three cups of hot water, cover and cook without stirring for forty minutes. Add one cup of seeded and chopped dates, fold in with a fork, add a little salt. Do not salt the rice until after cooking.

MIXED GRILL

For each portion to be served pan broil in butter one French lamb chop, one split lamb kidney, one thick slice of tomato, and one small pork sausage. Place on a hot plate, spread with maitre d'hotel butter, and garnish with crisp watercress.

STRAW FRIED POTATOES

Peel and cut in thin slices lengthwise four medium-sized potatoes and cut the slices in thin straw-sized pieces. Fry to a nice brown in deep, hot fat. Drain on a cloth; place on a folded napkin and dust lightly with salt.

CREAM PUFFS

Place in a sauce pan one cup of hot water and one-half cup of butter; bring to a boil and stir in all at one time one cup of sifted flour and stir until it leaves the sides of the pan clean; cool slightly and beat into it three eggs one at a time and beat five minutes after adding each egg. Drop by tablespoonfuls on a buttered baking sheet and bake in a quick oven twenty-five minutes, do not open the oven until they have been in at least twenty minutes. In baking place the spoonfuls of mixture at least one and a half inches apart, as they must not touch in baking. Fill with cream filling when cold by cutting a slit in the side with a sharp knife.

CREAM FILLING

Heat one cup of milk and stir into it one cup of sugar mixed with three tablespoonfuls of flour, stir until it starts to thicken then stir in one slightly beaten egg and stir, do not boil until thick and smooth. Stir for five minutes and add one teaspoonful of vanilla extract. When cold, use.

RUSSIAN GOULASH

Cut one pound of clear beef, free from fat, in inch cubes, place in a stew pan and add one chopped green pepper, one onion, one clove of garlic, a seasoning of salt and pepper; and just enough water to cover. Let simmer over a slow fire until the meat is tender; if more water is needed, add hot water. One hour before serving, add one and a half cups of tomatoes and cook slowly. Add three cups of cooked spaghetti, heat and serve on a hot platter.

APRICOT LAYER PIE

Spread between three layers of sponge cake some good apricot jam mixed with finely chopped blanched almonds. Cover the sides and top with a boiled icing and decorate with halves of almonds and candied cherries.

MAY

WEDNESDAY

BREAKFAST

Sliced Oranges †
Broiled Bacon *

Waffles *
Milk †

Honey †
Coffee *

LUNCHEON

Ham Salad *
Pop Overs *
Noodles and Prunes *

Milk †

Tea *

DINNER

Oyster Cocktail *
Celery †

Braised Beef with Tomatoes * †

Oyster Plant Buttered †

Pear Pie † *

Boiled Rice *

Milk †

Cabbage and Beet Salad †

Coffee *

HAM SALAD

Mix in a bowl rubbed with a clove of garlic two cupfuls of boiled lean ham, cut in dice, one and a half cupfuls of peeled and diced white celery, one cupful of peeled and diced cucumbers, half a cupful of chopped pimentos, two tablespoonfuls of capers, one-third of a cupful of stoned chopped rice olives and half a cupful mayonnaise dressing. Mound on six cold plates covered with chilled shredded lettuce and garnish with slices of hard-boiled eggs.

NOODLES AND PRUNES

Boil half a pound of dry noodles in boiling salted water to which has been added one tablespoonful of butter, for fifteen minutes, or until tender; drain in a colander and run cold water through them. Boil half a pound of California prunes with one slice of lemon, a small stick of cinnamon, and half a cupful of sugar until tender. Butter a deep earthenware or glass baking dish, put in one-quarter of the cooked noodles, dot with bits of butter, add one-half of the prunes, cover with one-half of the remaining noodles, add bits of butter and the rest of the prunes; cover with the remaining noodles, pour over the prune juice, sprinkle with buttered bread crumbs and brown in a moderate oven.

BRAISED BEEF

Place in an iron pot one finely chopped slice of salt pork, heat and add half of a finely chopped onion and cook until a light brown; add a two and half pound piece of beef brisket, cover tight and allow the meat to brown on all sides; add a seasoning of salt, half a teaspoonful of paprika, and a half cupful of boiling water; cover tight and simmer one hour; add one chopped green pepper, one peeled and sliced carrot, two peeled and sliced onions, and one cupful of tomato pulp; simmer slowly until the meat is tender, about two hours. Place the meat on a hot platter; rub the gravy through a sieve, skim off the fat and serve in a sauce boat.

CABBAGE AND BEET SALAD

Mix two and a half cupfuls of finely shredded cabbage with one and a half cupfuls of peeled and diced boiled beets, three tablespoonfuls of chopped sweet pickles, three tablespoonfuls of grated horseradish, a seasoning of salt and paprika, and half a cupful of French dressing. Serve on lettuce-covered plates.

PEAR PIE

Place in a sauce pan three cupfuls of water, two-thirds of a cupful of sugar, the strained juice of one lemon, and three whole cloves; heat and add six peeled, cored and evenly sliced pears; simmer slowly until the pears are tender, not soft, drain off the syrup, remove the spices and boil up with two tablespoonfuls of corn starch to each two cupfuls of syrup dissolved in a little cold water; boil until clear; place the sliced pears in a baked pie shell, cover carefully with the thickest syrup and let stand until cold and hard. Place one cupful of butter, cream or whipped cream in a paper cone and decorate with a lattice across the top.

JUNE

MONDAY

BREAKFASTGrapefruit ‡
Shirred Eggs *Toast *
Milk ‡Marmalade ‡
Coffee ***LUNCHEON*** Tripe a la Lyonnaise *
Egg Salad, Thousand Island Dressing *
Strawberry Plombiere ‡
Iced Tea ***DINNER**Cream of Celery Soup ‡
Radishes ‡
Baked Short Ribs of Beef *
Tomatoes Sauted * ‡ Brown Potatoes ‡
Corn Salad * ‡
Plums in Batter ‡ *
Coffee ***STRAWBERRY PLOMBIERE**

Pick, wash and thoroughly drain some sound ripe strawberries, then rub them through a fine sieve that will hold back the seeds. There should be two cups of pulp. Boil one cupful of water and one and one-half cupfuls of sugar until clear, and chill. Combine with first mixture and freeze to a mush, then gently mix in two-thirds of a cupful of chilled cream beaten to a stiff dry froth, and one-half cupful of diced candied fruit that has been macerated awhile in two tablespoonfuls of lemon juice. Pack, and let stand two hours in salt and ice.

CREAM OF CELERY SOUP

Melt one-fourth of a cupful of butter, and add one-fourth of a cupful of flour. When thoroughly blended, add two cupfuls of cold milk, and cook until thick. Cook a large head of celery, cut fine, in boiling water until tender, and rub through sieve. Measure the pulp and add enough of the water in which it was cooked to make two cupfuls. Add to the thickened milk, season with salt and pepper, and if too thick, dilute with boiling milk, or stock, to the proper consistency.

BAKED SHORT RIBS OF BEEF

When buying prime beef from the butcher, he charges so much a pound and includes in the weight the short ribs, which he usually cuts off, also the trimmings, and sends these with the beef. These short ribs are too tough and stringy to roast, but they may be simmered for an hour with the trimmings added. Lift them out with a skimmer, and dredge over salt and pepper, arrange in a dripping pan, spread over top a little savory dripping of roast beef, add one tablespoonful of short ribs liquor and two cloves inserted in a small onion, then bake in a rather moderate oven until browned and nearly tender, basting occasionally with liquor in pan. Add some small-sized peeled potatoes, par-boiled eight minutes, dredge over these a little salt, and bake until meat and potatoes are tender and potatoes browned and crisp, occasionally stirring the potatoes.

Remove the ribs and arrange them on a hot serving dish surrounded with potatoes. Reserve hot on top of stove. To liquor in pan set over the fire, add a cup of short ribs liquor. Bring it to a boil while scraping the bottom of the pan. Strain, free it of fat, reheat and thicken to a table cream consistency with a little cornstarch diluted in a little cold water.

PLUMS IN BATTER

Make a batter with two beaten eggs, five tablespoonfuls of flour, a little more than one pint of milk and a pinch of salt. Remove the stones from one quart of large ripe plums, crack them, put the kernels inside of the plums again, mix the fruit with two tablespoonfuls of moist sugar and stir it lightly into the batter. Turn it into a buttered pudding dish and bake in a hot oven till done, about forty minutes. Sprinkle powdered sugar over the top and serve hot with one-half cupful of butter, one cupful of sugar and one well-beaten egg, stirred to a cream and flavored.

JUNE

TUESDAY

BREAKFAST

Peaches and Cream ‡
Egg Tartlets *

Toast *
Milk ‡

Jam ‡
Coffee *

LUNCHEON

Pigeon, Creole *
Ginger Ale Salad ‡
Florentine Ice *
Tea *

DINNER

Apricot Bouillon ‡ *
Salted Almonds ‡
Veal Shoulder, Bourgeoise *
String Beans ‡ Baked Potatoes ‡
Deviled Tomato Salad ‡ *
Plum Pie *
Coffee *

EGG TARTLETS

Five eggs, six tablespoonfuls chopped cooked ham, two tablespoonfuls white bread crumbs, one half-gill (four tablespoonfuls) milk, one tablespoonful butter, three tablespoonfuls browned bread crumbs, salt, pepper and grated nutmeg.

Chop the ham finely, put it into a basin, add the white bread crumbs, the milk and seasoning of salt, pepper and nutmeg. Butter some ramequins, sprinkle them with the browned bread crumbs, and line them neatly with the ham paste. Break an egg into each, put one or two small pieces of butter on the top, sprinkle over with a little pepper, and bake for twelve minutes. Serve hot.

PIGEON CREOLE

See page 252

FLORENTINE ICE

Make a custard of six eggs, the grated rind of an orange and three-fourths of a pint of boiling syrup, made of sugar and water; beat with an egg beater, taking care not to let it boil; add three-fourths of a pint of cream, mix well and strain. Freeze and let stand to get mellow for an hour or more before turning it out on the mold.

APRICOT BOUILLON

Cut in halves one quart of apricots, crack the stones, and take out the kernels. Cover with cold water, and simmer until very hot, stirring constantly. Pass through a colander, and add sufficient white grape juice to make the desired quantity of soup, season with sugar and cinnamon, and serve very hot with dice of fried bread. This soup may be thickened with arrowroot or cornstarch if desired.

VEAL SHOULDER, BOURGEOISE

Place a few slices of fresh pork or bacon in a Dutch oven or casserole. Lay on them a shoulder of veal and cover with more slices. Mix a pint of hot water with a tablespoonful of vinegar, three chopped onions, a bit of garlic, a kitchen bouquet, a chopped green pepper (without seeds,) and two tablespoonfuls of olive oil. Pour it over the meat, cover closely and cook in a slow oven for three hours. Remove the meat to a hot platter, strain the gravy and skim.

JUNE

WEDNESDAY

BREAKFAST

Honeydew Melon ‡
 Eggs Scrambled with Green Peppers * ‡
 Toast * Tomato Marmalade ‡
 Milk ‡ Coffee *

LUNCHEON

Salmon Souffle *
 Cress Salad ‡
 Hot Rolls *
 Cantaloupe a la Mode ‡
 Tea *

DINNER

Celery Soup ‡
 Radishes ‡
 Braised Beef Tongue, Raisin Sauce * ‡
 Italian Squash ‡ Browned Potatoes ‡
 Orange Salad ‡
 Cuban Pudding *
 Milk ‡ Coffee *

TOMATO MARMALADE

Remove the peel from one lemon and two oranges, cut in thin strips, place in a saucepan, cover with cold water, bring to a boil and cook until tender. Place in a preserving kettle four cups of peeled and finely chopped ripe tomatoes, the chopped pulp of the two oranges and one lemon, the drained peel of the oranges and lemon, and four cups of sugar. Bring slowly to a boil and simmer for two hours, stirring often. Pour into hot jars and seal.

SALMON SOUFFLE

Mix two cups of boned and flaked cooked salmon with two cups of mashed potatoes, one cup of milk, a seasoning of salt, paprika, chopped parsley and two well-beaten eggs. Pour into a buttered earthenware or glass baking dish, set in the oven until heated through. Beat the yolks of two eggs until light and lemon colored with a half a teaspoonful of salt and mix with the stiffly beaten whites of two eggs seasoned with one-quarter of a teaspoonful of paprika, pour over the heated fish mixture and brown nicely in the oven. Serve with croutons.

RAISIN SAUCE

Place in a saucepan two tablespoonfuls of butter, heat, add two level tablespoonfuls of flour, stir until smooth, brown lightly, add one cupful of the stock from the tongue and one tablespoonful of lemon juice, stir and cook until smooth, add half a cup of seedless raisins that have been soaked in orange juice until plump, one-third of a cupful of finely chopped pickled cucumbers and a seasoning of salt, pepper and Worcestershire sauce. Reheat and serve.

CUBAN PUDDING

Remove the meat from a cocoanut, trim off the brown skin and grate fine; measure and add an equal amount of sponge cake crumbs, cover with two cupfuls of hot cream and let stand until it is absorbed. Add four well-beaten eggs, and a sweetening of sugar, pour into a buttered mold, set in a pan of hot water, set in the oven and bake until firm. Serve with hot strawberry sauce.

JUNE

THURSDAY

BREAKFAST

Strawberries †
 Poached Eggs on Toast *
 Hot Rolls * Currant Jelly †
 Milk † Coffee *

LUNCHEON

Baked Noodles, Mabelle *
 Cold Asparagus, Tartare †
 Apricot Pie * †
 Milk † Tea *

DINNER

Cream of Carrots †
 Radishes †
 Fricassee of Veal *
 Green Peas † Mashed Potatoes †
 Field Salad †
 Milk † Cocoanut Pudding * †
 Coffee *

CURRANT JELLY

Strip the stems from five pounds of firm, not soft, currants and place in a preserving kettle; heat and mash them. Boil twenty-five minutes, pour into a jelly bag and let drip, without squeezing, over night. Place the juice in the kettle after measuring, bring to a boil and boil ten minutes; add one cup of sugar for each cup of juice and boil until a little will jelly when dropped on a cold plate, about five minutes. Pour into clean jelly glasses, cover and set in the sun for three days. Store in a cold, dry place.

BAKED NOODLES

Cook half a pound of white or whole wheat noodles in boiling salted water until tender, drain and place in a baking dish and mix with them a seasoning of salt and pepper, two tablespoonfuls of butter, two-thirds of a cupful of chopped cooked ham, half a cupful of grated cheese and milk to fill the dish two-thirds full. Sprinkle the top with buttered bread crumbs and bake in a moderate oven twenty minutes.

APRICOT PIE

Mix three cupfuls of peeled and sliced firm, ripe apricots with one cupful of sugar mixed with one tablespoonful of flour, a few grains of salt, and one quarter of a teaspoonful of mace; add two tablespoonfuls of water, place in a pastry-lined pie tin, dot the top with a tablespoonful of butter broken in small bits, cover with pastry and bake in a moderate oven.

CREAM OF CARROTS

Place in a saucepan two tablespoonfuls of butter, three cups of finely-sliced carrots and half a cupful of chopped onion; stir and cook five minutes; add two cupfuls of water and cook until the vegetables are soft; rub all through a sieve into a clean saucepan, add two cupfuls of milk, bring to a boil and stir in a tablespoonful of flour worked smooth with four tablespoonfuls of milk; add a seasoning of salt and pepper and cook ten minutes. If too thick add more milk. Serve with croutons.

VEAL FRICASSEE

Cut three pounds of breast of veal in two-inch pieces, place in a saucepan, cover with cold water, bring to a boil, drain and cool. Place the cooled veal in a saucepan, add one carrot, two stalks of celery, one onion stuck with two whole cloves, one bay leaf, two branches of parsley, and one teaspoonful of salt, cover with water, bring to a boil and simmer until the meat is tender; lift out the meat and strain off the stock. Heat in a saucepan six tablespoonfuls of butter, add half a cup of flour and work smooth, heat and add four cups of the veal broth, stir and cook ten minutes; beat the yolks of two eggs half a cup of cream and pour slowly, stirring constantly, into the hot sauce; season and strain over the cooked veal. Mix well, serve in a deep dish and sprinkle with finely-chopped parsley.

JUNE

FRIDAY

BREAKFAST

Orange Juice †
 Bacon and Eggs *
 Toast *
 Milk †
 Jelly †
 Coffee *

LUNCHEON

Polish Stewed Tongue *
 Asparagus Salad †
 Lemon Pie † *
 Milk †
 Tea *

DINNER

Pimento Bisque † *
 Dill Pickles †
 Salmon a la Genevese *
 Fried Cucumber †
 Cantaloupe Salad †
 Apricot Parfait †
 Riced Potatoes †
 Milk †
 Coffee *

POLISH STEWED TONGUE

Prepare a fresh tongue and boil in the usual way. Saute a chopped onion and a little chopped pepper in butter; add a tablespoon of flour mixed smooth with a little of the water the tongue was boiled in, a cup and a half of the tongue water, a dash of nutmeg, a little cinnamon, two tablespoons of vinegar, a little thinly sliced lemon, and one tablespoon of sugar. Mix all ingredients thoroughly together and allow them to boil up smooth; then add the tongue that has been skinned and diced, and serve turned around a pat of cooked spinach.

LEMON PIE

Line a deep, well-buttered pie-plate with good puff paste, pressing the edge with the tines of a silver fork. For the filling use one cup of sugar, one cup of milk, four eggs, one tablespoon of flour, and one large lemon, juice and grated rind. Beat the yolks of the eggs and a cup of sugar together and add the lemon-juice, beating it all thoroughly.

Mix the flour and the milk together as smoothly as possible and strain into the other mixture, then pour into the pie-plate, baking it for thirty minutes. Beat the whites of the eggs very stiff with two tablespoons of powdered sugar. When the pie is done spread the meringue over the top, place it in the oven, and brown it quickly. The pie may be served hot or cold, as desired, and either way it will be found particularly rich and of fine flavor.

PIMENTO BISQUE

Wash and chop six red peppers, removing the seed cones of three, add three chopped onions and a stalk of chopped celery and put all in a quart of cold water. When it begins to boil add a half cup of well-washed rice and boil twenty minutes. Put through a puree sieve and add to the mixture one pint of rich milk or cream heated to boiling point and thicken with rice flour rubbed smooth in cold milk (about two level tablespoons, but it may not all be needed; stir in a little at a time until the mixture has the consistency of molasses.)

SALMON A LA GENEVESE

Place in a stewpan a lump of butter, four tablespoons of sherry, a quarter saltspoon of pepper, a saltspoon of salt, two chopped shalots, two bay leaves, a half-saltspoon of allspice, and two slices of salmon, and stew gently a half-hour. Strain off the gravy, and add to it a half-pint of white stock, juice of one lemon, and one teaspoon essence of anchovies. Simmer and thicken with flour and butter rubbed to a cream. Lay the fish on a hot dish and turn part of the sauce over it, serving the rest in a sauce boat.

SATURDAY

Coffee *

Put through the meat chopper one pound of peeled and cored apples, one package or one pound of Sultana raisins, two-thirds of a cupful of mint leaves, twelve tomatoes, two ripe red peppers, three large or six small onions and mix with them one ounce of white mustard seed, half a cupful of salt, two cupfuls of sugar, and one and a half quarts of boiled and cooled vinegar. Place in a stone jar, stir every day for twelve days, pour into wide-mouthed bottles, seal and store in a cool, dry place. Do not cook.

JUNE

MONDAY

BREAKFAST

Tip Top Melon †
 Scrambled Eggs with Ham *
 Toast * Mixed Fruit Marmalade †
 Milk † Coffee *

LUNCHEON

Tremont Salad * †
 Poppy Seed Rolls *
 Pineapple Pie * †
 Ice Tea *

DINNER

Cream of Tomato † *
 Young Onions †
 Hashed Beef, Martha *
 Wax Beans † Green Corn *
 Stuffed Tomato Salad * †
 Frozen Apricots †
 Cocoanut Cake † *

MIXED FRUIT MARMALADE

Peel, stone and cut in halves enough plums to make one quart, peel, core and slice enough apples to make one quart, peel, core and slice enough pears to make one quart. Weigh out five pounds of sugar. Pack alternate layers of plums, apples and pears in a preserving kettle, sprinkling each layer with part of the sugar. Let stand one hour, place over a slow fire and cook until smooth and thick. Pack in hot jars and seal.

TREMONT SALAD

Mix in a bowl that has been rubbed with a clove of crushed garlic, one cupful of cooked diced ham, one cupful of cooked diced veal, two-thirds of a cupful of peeled and diced celery, four tablespoonfuls of chopped pimienta, two tablespoonfuls of capers, and half a cup of French dressing. Let stand in a cool place one hour, drain, and mound on six lettuce-covered plates. Cover with mayonnaise and sprinkle with chopped parsley.

PINEAPPLE PIE

Heat two cupfuls of grated pineapple and stir into it half a cupful of sugar mixed with four tablespoonfuls of corn starch and half a teaspoonful salt; stir and cook ten minutes; stir in slowly the beaten yolks of two eggs, and the strained juice of half a lemon; cool, add half a cupful of chopped, blanched almonds; turn into a baked pie shell, cover with meringue made with the stiffly beaten whites of two eggs and four tablespoonfuls of sugar. Brown in the oven.

FROZEN APRICOTS

See page 261

JUNE

TUESDAY

BREAKFAST

Grapefruit ‡

Egg Cabaret *

Toast *
Milk ‡Fig Jam ‡
Coffee ***LUNCHEON**

Veal Loaf *

Coffee Cream Pie *

Bulgarian Salad ‡

Milk ‡

Tea *

DINNER

Cream of Cucumber ‡

Salted Nuts ‡

Belgian Hare, Maryland Style *

Squash ‡

Potatoes ‡

Carrot Salad ‡

Sour Cream Dressing * ‡

Pistachio Ice Cream ‡

Sponge Cake *

Coffee *

EGG CABARET

Butter a timbale mold, place a pimento around, then break a fresh egg into it. Place your mold in a pan with water and cook in the oven. When cooked, turn on a round piece of toast, and pour some light cream sauce over.

COFFEE CREAM PIE

Cream one-third cupful of butter, add gradually one cupful of sugar, two eggs beaten until light, one-half cupful of milk with one-half teaspoonful of soda, and one and five-eighths cups of pastry flour sifted with one teaspoonful of cream of tartar and one-eighth teaspoonful of salt. Flavor with one teaspoonful of vanilla. Bake in two round shallow pans and when cold put coffee cream filling between and on top.

COFFEE CREAM FILLING

Put into a saucepan one-half cupful of dry coffee, three-fourths cupful of sugar, one and one-half cupfuls of cold water and cook until it is a heavy syrup, or until it reaches 220 deg. F. Strain through double cheesecloth and cool. Then add, a little at a time, using the cutting and folding motion, to one pint of heavy cream beaten stiff. The syrup should be the consistency of molasses.

BELGIAN HARE, MARYLAND STYLE

The hare, or rabbit, will be dressed for you at the market and may be cut into six or eight pieces.

Wash in slightly salted water and wipe the pieces. Sprinkle with salt and pepper, and dip each piece in flour, beaten egg, and sifted soft bread crumbs. Place in a well-greased baking pan and put into hot oven. When meat begins to cook, reduce heat and cook until tender. Baste frequently with melted butter. Place on platter and pour over two cupfuls of cream sauce.

CREAM SAUCE

Melt four tablespoonfuls of butter, add four tablespoonfuls of flour, one and one-half cupfuls of milk, one-half cupful of cream, one-half teaspoonful of salt, and a few grains of pepper.

JUNE

WEDNESDAY

BREAKFAST

Casaba Melon ‡

Ham Omelet *

Toasted Raisin Bread * Marmalade of Grapes ‡
Milk ‡ Coffee ***LUNCHEON**

Frankfort Sausage *

Potato Salad ‡

Napkin Rolls *

Fresh Pear Trifle ‡

Iced Tea *

DINNER

Consomme, Tropic *

Spiced Pickles ‡

Stuffed Breast of Veal *

Lima Beans ‡ Browned Potatoes ‡

Lettuce ‡, Russian Dressing ‡

Tip Top Melon a la Mode ‡

Milk ‡

Coffee *

GRAPE MARMALADE

Stem and wash four quarts of grapes, place in a preserving kettle, add two cupfuls of water and cook until soft. Rub through a sieve into a clean kettle, measure and add an equal amount of sugar. Boil hard for twenty-five minutes, stirring often to keep from burning; pour into hot glasses, cool and cover with paraffin.

POTATO SALAD

Mix in a cold bowl rubbed with a clove of crushed garlic three cupfuls of cold, cooked, peeled and diced potatoes, one chopped pimento, one chopped seeded green pepper, two chopped hard-boiled eggs, two teaspoonfuls of salt, one teaspoonful of paprika, half a cupful of diced pickles and one cupful of French dressing. Mound on six lettuce-covered plates and garnish with ripe cloves.

CONSOMME, TROPIC

Parboil one seeded green pepper in two cupfuls of water to which has been added half a teaspoonful of soda, drain, cool and cut in small dice. Heat five cupfuls of clear consomme, add the green pepper, one diced pimento and two-thirds of a cupful of cooked rice; heat well, season with salt and paprika and serve in cups.

BREAST OF VEAL

Have the butcher make a pocket in a boned breast of veal; fill the pocket with a dressing made by mixing three cupfuls of bread crumbs with two tablespoonfuls of capers, four tablespoonfuls of melted butter, one tablespoonful of chopped parsley, half a teaspoonful of thyme, half a teaspoonful of marjoram, the grated rind and juice of half an orange and a seasoning of salt and paprika. Place in a baking pan one sliced onion and one sliced carrot; lay in the prepared breast of veal that has been sewed up to keep in the stuffing. Season with pepper and salt, cover the top with bits of butter and bake in a moderate oven one hour, basting often. Remove to a hot platter, add to the pan one cupful of meat stock and one teaspoonful of meat extract, boil five minutes and strain over the meat.

RUSSIAN DRESSING

Mix one cupful of mayonnaise with two tablespoonfuls of chili sauce, four tablespoonfuls of chopped chow chow, one teaspoonful of Worcestershire sauce, one tablespoonful of lemon juice, one tablespoonful of chopped chives and a seasoning of salt. Chill thoroughly and pour over hearts of cold lettuce.

JUNE

THURSDAY

BREAKFAST

Cantaloupe ‡
 Ham and Eggs *
 Toast *
 Milk ‡
 Grape Conserve ‡
 Coffee *

LUNCHEON

Shrimp and Asparagus Salad * ‡
 Orange Biscuits *
 Plum Puffs *
 Iced Coffee *

DINNER

Hot Fruit Soup ‡
 Radishes ‡
 Veal and Ham Pie *
 Summer Squash ‡
 Mashed Potatoes ‡
 Hearts of Lettuce ‡
 Cheese Dressing ‡
 Peach Cobbler *
 Milk ‡
 Coffee *

GRAPE CONSERVE

Place five pounds of stemmed and washed grapes in a kettle, mash with a wooden potato masher, heat slowly and simmer half an hour; rub through a sieve to remove the seeds and skins into a clean saucepan; peel three oranges, place the peel in a saucepan, cover with water, bring to a boil and boil until tender, chop fine and add to the grape pulp with five pounds of sugar, one pound of raisins and the strained juice of the oranges. Bring to a boil and simmer until thick, add one pound of broken walnut meats and seal in clean glass jars.

SHRIMP ASPARAGUS SALAD

Rub a cold bowl with a crushed clove of garlic and mix in it two cupfuls of cold cooked asparagus tips, two cupfuls of cooked and peeled shrimps, one tablespoonful of capers, one tablespoonful of chopped green peppers, one tablespoonful of chopped pimiento, one tablespoonful of chopped ripe olives, and two-thirds of a cupful of French dressing. Let stand thirty minutes on the ice, drain and mound on six lettuce-covered plates, cover with mayonnaise dressing and sprinkle with chopped hard-boiled eggs and parsley.

FRUIT SOUP

Place in a saucepan four cupfuls of water, six whole cloves, a three-inch stick of cinnamon, the sliced peel of one orange, the sliced peel of one lemon, and six blanched almonds, let stand one hour, bring to a boil and boil fifteen minutes; strain into a clean saucepan, add two cupfuls of water, one-third of a cupful of quick-cooking tapioca and cook until clear. Add five tablespoonfuls of sugar, half a teaspoonful of salt and two cupfuls of cherry, strawberry, blackberry, currant or grape juice. Pour into hot cups and serve.

CHEESE DRESSING

Beat three-quarters of a cupful of cottage cheese with three-quarters of a cupful of lemon, French dressing, two tablespoonfuls of chopped pimientos, two tablespoonfuls of chopped green pepper, two tablespoonfuls of finely chopped celery, one teaspoonful of salt, and one teaspoonful of tarragon vinegar. Set on the ice for one hour and pour over hearts of lettuce.

JUNE

FRIDAY

BREAKFAST

Strawberries ‡
 Spanish Omelette *
 Toast *
 Milk ‡
 Jam ‡
 Coffee *

LUNCHEON

Macaroni and Cheese Pudding * ‡
 Summer Salad ‡
 Sour Cream Dressing ‡
 Cherry Cake *
 Tea Julep *

DINNER

Cape Ann Fish Chowder *
 Young Onions ‡
 Salmon a la Venetienne *
 Creamed Kohlrabi ‡
 Lyonnaise Potatoes ‡
 Cucumber Salad ‡
 Orange Pudding * ‡
 Coffee *

MACARONI AND CHEESE PUDDING

Four ounces macaroni, three ounces grated cheese, four sage leaves, one pound Spanish onions, one ounce white bread crumbs, pepper and salt to taste.

Break the macaroni into three and a half-inch lengths and put into boiling water, boiling for half an hour, then drain, and when cool, line a well-buttered pudding basin with the macaroni and fill in with the following mixture: Scald the onion and chop very finely with the sage leaves, add the cheese and bread crumbs and mix well. Fill the basin with this, and cover with macaroni, then a cloth, and steam for three hours. Rice may take the place of macaroni for a change.

If rice is used cook as for plain boiled rice in salted water and put in the baking dish in the same way as the macaroni.

SOUR CREAM DRESSING

One half pint sour cream, two tablespoonfuls lemon juice, two tablespoonfuls vinegar, one scant tablespoonful sugar, one teaspoonful salt, one-quarter teaspoonful pepper, one teaspoonful or more mixed mustard.

Beat the cream with an egg beater till smooth, thick and light. Mix the other ingredients together, and gradually add to the cream, beating all the while.

Having beaten sour cream for a foundation the seasoning may be anything desired, as, for example, the mustard and lemon may be omitted, and the dressing be seasoned highly with any kind of catsup.

A sweet cream may be substituted for the sour; it should be quite thick.

CHERRY CAKE

One-quarter pound butter, one-quarter pound bread crumbs, two pounds black cherries, two ounces almonds, cinnamon, cloves, two ounces sugar, one-quarter pint milk.

Pick and stone the cherries. Make the milk hot and melt the butter in it. Blanch the almonds and put them through a nut mill and pound them well in mortar. Now mix the almonds with the bread crumbs, sugar and a pinch each of cloves and cinnamon. Pour over the milk and melted butter, mix again carefully, and add the cherries. Bake in a shallow tin in a moderate oven for an hour. The cake should be about an inch and a half thick. Serve with whipped cream.

SALMON A LA VENETIENNE

Take the fillets from a four-pound tail piece of salmon. Remove the skin and cut each one in four long pieces. Flatten and trim evenly. Fasten fine strips of larding pork on one side, season with salt, white pepper and a little lemon juice and place the larded side up in a buttered pan. Moisten with half a pint of cider, and cover with a sheet of buttered paper with a small hole in the center. The steam must have a vent, else the surface will not glaze. Cook in the oven about forty minutes, basting frequently with the liquid in order to have the glaze a nice color. Drain and dish the fillets in a circle with alternate heart-shaped slices of bread fried in butter. Thicken two ladle-fuls of broth with an ounce of flour kneaded in butter. Stir and boil a few minutes. Add two ounces of butter, a little lemon juice and chopped parsley. Mix well and pour in center of dish.

JUNE

SATURDAY

BREAKFAST

	Orange Juice ‡	
	Potato Pancakes * ‡	
Milk ‡	Cherry Preserves ‡	Coffee *

DINNER

	Baked Sweetbreads *	
	Tomato Sauce ‡	
	Wax Bean Salad ‡	
	Blackstone Dressing * ‡	
Frozen Coffee Pudding *		Buttermilk ‡

DINNER

	Consomme *	
	Radishes ‡	
	Sweet and Sour Beef *	Baked Potatoes ‡
Summer Squash ‡	Sherry's Salad ‡ *	
	Peach Ice Cream ‡	
Date and Walnut Drops ‡		Coffee *

POTATO PANCAKES

Six raw grated potatoes, three whole eggs, a pinch of baking powder, one teaspoonful salt, one tablespoonful flour, a little milk.

Peel large potatoes and soak several hours in cold water; grate, drain and for every pint allow two eggs, about one tablespoonful of flour, one half teaspoonful salt, a little pepper. Beat eggs well and mix with the rest of the ingredients. Drop by spoonfuls on a hot buttered pan in small cakes. Turn and brown on both sides. Serve with applesauce.

CHERRY PRESERVES

Five pounds cherries or raspberries, five pounds sugar.

Wash berries carefully that they do not mash or crush, pick over and stone the cherries. Place in preserving kettle, alternate layers of sugar and fruit; let stand over night. Bring slowly to the boiling point and boil slowly until thick. Put away in glasses or in jars.

BLACKSTONE SALAD DRESSING

One cupful mayonnaise, two-thirds of a cup of olive oil, one-third of a cup of vinegar, three tablespoonfuls chili sauce, three pimientos, one tablespoonful of pearl onion, one-quarter teaspoonful salt, pepper to taste.

Make mayonnaise and mix in the order given with the rest of the ingredients and serve ice cold over quartered head lettuce and tomatoes.

FROZEN COFFEE PUDDING

Six yolks, one and one half cupfuls of sugar, one cupful of hot milk, one cupful strong coffee, two tablespoonfuls of granulated gelatine, one-half cupful of cold milk, one and a half cups of cream, six eggs whites beaten.

Add coffee to hot milk and sugar to beaten yolks, mix all together, add cream and cook in double boiler until thick. Remove from stove. Soak the gelatine in cold milk, add to the hot mixture and stir until dissolved. Cool slightly, add six beaten whites and place in mold to freeze. Cover mold, pack in salt and ice and let stand three or four hours. Serve with whipped cream sweetened with powdered sugar and flavored with vanilla.

SWEET AND SOUR BEEF

Three pounds brisket of beef, an onion sliced, one lemon (juice), a small piece bay leaf, three tablespoonfuls sugar, one cupful boiling water, salt and pepper, a little dill.

Place the meat in a stew pan. Add the onion sliced thin and also the boiling water. Stew meat until tender—adding salt, pepper and a bit of bay leaf for seasoning. Add lemon juice and sugar until sweet and sour.

DATE AND WALNUT DROPS

One-half pound dates, cut into pieces, one cup walnut meats, cut, whites of four eggs, one and one-half cups sugar.

Beat whites of eggs very stiff, add a pinch of salt and the sugar very gradually and beat until very light. Add dates and nuts, cut, not chopped. Drop from teaspoon on buttered tins and bake in a moderate oven from twenty-five to thirty minutes.

JUNE

SUNDAY

BREAKFAST

Peaches and Cream ‡
 Omelet with Fried Tomatoes * ‡
 Toast * Jelly ‡
 Milk ‡ Coffee *

DINNER

Mint Fruit Cocktail ‡
 Salted Nuts ‡
 Fried Chicken with Cream Gravy *
 Scalloped Salsify ‡ Mashed Potatoes ‡
 Pear Salad ‡
 Wild Rose Mousse ‡
 Coffee *

SUPPER

Ham Salad Sandwiches *
 Avocado and Tomato Salad ‡
 Walnut Wafers *
 Iced Coffee *

OMELET WITH FRIED TOMATOES

Put into an omelet pan two tablespoonfuls of butter and fry in this butter one teaspoonful of chopped onion. Then add slices of tomato which have been seasoned with salt and pepper, and dredged with flour. Fry until well browned. Keep tomato warm in oven. Make a brown sauce in the same pan, browning two tablespoonfuls of butter, adding two tablespoonfuls of flour and one cup of brown stock. Then make a French omelet of six eggs and serve sauce and fried tomatoes around it. A few tips of cress dress the dish.

MINT FRUIT COCKTAIL

Place in serving glass one tablespoonful of freshly cut fruits. Pineapple and grapes or pineapple and strawberries are good combinations. Over the top of these fruits arrange three whole sections of grapefruit on the outer edge, and three whole sections of orange inside of that, having the curved side uppermost. The grapefruit sections should be marinated in mint syrup for an hour or so. Pour over all a spoonful of mint syrup and place in the center a sprig of mint.

SCALLOPED SALSIFY

Cook salsify in boiling salted water until soft. Drain, remove skin, and cut in one-third-inch slices. Put a layer of buttered crumbs into baking dish, cover with salsify, season with salt and pepper. Repeat and sprinkle top with buttered crumbs. Add enough rich milk or thin cream to moisten, and bake in a hot oven until the crumbs are brown.

WILD ROSE MOUSSE

Mix two cupfuls of pineapple juice from canned pineapple chopped, and squeeze, one-fourth cupful of lemon juice, and about one-third cupful sugar. Color a delicate pink with red-color paste. Half-fill a quart brick mold with this mixture. Beat until stiff one and one-half cupfuls of heavy cream, add one teaspoonful of vanilla, sweeten to taste with powdered sugar, and pour over the pineapple juice to overflow the mold. Cover, pack in ice and salt, let stand three hours.

One-fourth cupful of chopped walnuts may be added to the cream if liked.

WALNUT WAFERS

Beat till light and thick two eggs not separated. Add one cupful of light-brown sugar, one cupful of English walnut meats broken in small pieces, four tablespoonfuls of bread flour, mixed and sifted with one-fourth teaspoonful of baking powder and one-eighth teaspoonful of salt. Drop from a teaspoon on a buttered cookie sheet. They should be removed from the sheet while hot with a thin-bladed knife. If they harden and stick to the pan, place in the oven until they give with the heat.

Sometimes it is easier to remove them while standing at the oven door. If they crinkle in the process of removing from the pan, they look better than when smooth. Makes four dozen.

JUNE

MONDAY

BREAKFAST		
Honeydew ‡		
Toast *	Egg au Miroir *	Fig Jam ‡
Milk ‡		Coffee *
LUNCHEON		
Veal Croquettes *		
Casaba Salad ‡		
Egg Puffs *		
Peach Pufflets ‡ *		
Tea *		
DINNER		
Tomato Bisque ‡ *		
Sweet Gherkins ‡		
Steak a la Creole *		
Italian Squash ‡	Baked Bananas ‡	
Romaine Salad ‡		
Apricot Shortcake ‡ *		
Coffee *		

EGG AU MIROIR

Butter a baking dish thickly with good fresh butter and melt it. Break four eggs into it as though for poaching; dust them lightly with pepper and salt, and dot the tops with little pieces of butter. Put the dish on a hot plate in the oven and let it remain long enough to set the whites of the eggs. Serve at once in the same dish.

FIG JAM

Take two pounds of figs, wash and boil them until tender. When done chop fine and add one pound of sugar, juice of one lemon, a small cupful of spiced vanilla syrup, and a half cupful of honey. Let boil, stirring carefully until it begins to jell when tried on a cold plate. Turn into small jars and seal.

CASABA SALAD

Take a casaba melon and cut it in half; scoop out the inside with a teaspoon and place it on ice to chill. Make some cheese balls, adding a few chopped nuts, a dash of sugar, a tablespoon of preserved ginger chopped fine and a tablespoon of sherry. When ready to serve fill the empty shells with the chilled melon pieces, the cheese balls and lettuce cut into ribbons; pour over all a dressing.

EGG PUFFS

Mix four cupfuls of sifted flour with four teaspoonfuls of baking powder, one teaspoonful of salt and two tablespoonfuls of sugar. Beat three eggs, add them to two tablespoonfuls of melted butter, mix all together and add enough warm milk to make a moderately thin batter. Fill well-greased hot muffin tins half full and bake quickly.

PEACH PUFFLETS

Mix two cupfuls of flour, a pinch of salt, and one and a half teaspoonfuls of baking powder with enough milk to make a soft batter. Put into well-greased little cups a spoon of batter and a spoon of cut-up peaches, then another of batter; steam in a steamer twenty minutes and serve with hard or cider sauce.

ITALIAN SQUASH

Pare and cut them into small pieces. Place them in a buttered baking dish; first a layer of squash, then a sifting of bread crumbs with pepper, salt and butter; then another layer of the squash and so on until the dish is filled. Then add one cup of cream with two beaten eggs and a generous grating of cheese over the top. Bake about half an hour in a moderate oven.

APRICOT SHORTCAKE

Pare and halve four pounds of apricots, put them in a deep dish with three cupfuls of sugar and the juice of one lemon. Let stand two hours, stirring occasionally. Set in the sun or a warm place. Make an old-fashioned biscuit cake, and when done split and butter freely. Drain the apricots and fill the cake with them; then put on the top layer of crust and heap with the fruit. Pour over it a generous quantity of the fruit juice, but save some to turn over each portion as served. Plain cream may be served with the shortcake if desired.

JUNE

TUESDAY

BREAKFAST

Strawberries and Cream †
 Fried Tomatoes and Scrambled Eggs * †
 Toast * Peach Butter †
 Milk † Coffee *

LUNCHEON

Cheese Pilaf with Green Peas †
 Beet and Lettuce Salad †
 Hot Rolls *
 Peach and Raisin Pie † *
 Iced Coffee *

DINNER

Strawberry and Pineapple Cocktail †
 Spiced Pickles †
 Breaded Pork Chops, Onion Sauce *
 Wax Beans † Delmonico Potatoes †
 Endive Salad †
 Baked Peach Dumplings † *
 Milk † Coffee *

TOMATOES AND EGGS

Cut three firm ripe tomatoes into thick round slices, season with pepper and salt and dredge with flour. Heat four tablespoonfuls of butter in a frying pan, lay in the slices of tomatoes, cook a nice brown on both sides and lay around the edge of a hot platter. Mix one tablespoonful of flour with half a cupful of milk, beat smooth, add seven eggs and a seasoning of salt and pepper, beat slightly, pour into an omelet pan in which two tablespoonfuls of butter have been heated, stir over a slow fire until thick and creamy. Place in the center of the platter and sprinkle with finely chopped parsley.

PEACH BUTTER

Place in a preserving kettle one and a half cupfuls of water and three quarts of peeled, stoned and sliced peaches; heat very slowly and cook until the peaches are soft; rub through a sieve into a clean kettle, return to the fire, add six cupfuls of sugar and cook until thick and clear. Pack in clean, hot jars, seal and store in a cool dark place.

CHEESE PILAF

Place in a double boiler one cupful of washed and drained rice, one and a half cupfuls of strained tomato, and two bouillon cubes dissolved in two cupfuls of boiling water or two cupfuls of brown stock; cover and cook until the rice is tender. Add a seasoning of salt and pepper, three tablespoonfuls of butter, and three-quarters of a cupful of grated cheese. Press into a buttered border mold, steam until hot, turn out on a serving dish and fill the center with cooked and buttered fresh peas.

PEACH AND RAISIN PIE

Mix three cupfuls of peeled and sliced peaches with one cupful of seeded raisins, three tablespoonfuls of lemon juice, half a cupful of sugar, and one level tablespoonful of corn starch. Pour into a pastry lined pie tin, cover with pastry, set in a hot oven ten minutes, reduce the heat and bake twenty-five minutes.

FRUIT COCKTAIL

Mix one cupful of orange juice with one-third of a cupful of lemon juice and four tablespoonfuls of sugar, place in the ice box to chill. Mix one and a half cupfuls of diced pineapple with one and a half cupfuls of halved firm, ripe strawberries. Fill chilled champagne glasses with the fruit, pour over the chilled fruit juices, and garnish each glass with a whole strawberry dipped in powdered sugar.

JUNE

WEDNESDAY

BREAKFAST

Toast *	Sliced Oranges ‡	
Milk ‡	Lobster Omelet *	Jam ‡
		Coffee *

LUNCHEON

Pea Roast ‡
 Summer Salad ‡
 Raspberry Ice Cream ‡
 Tea *

DINNER

	Manhattan Clam *
	Young Onions ‡
	Sole, Venetian *
	Egg Plant Turque ‡ *
	Alphonso Potatoes ‡
	Los Angeles Salad ‡
Coffee *	Date Custard Pie ‡ *

LOBSTER OMELET

Cook one teaspoonful butter, with one small onion, peeled and thinly sliced, five minutes. Add one stalk celery, washed, scraped and thinly sliced crosswise, two tablespoonfuls chicken stock, one-eighth teaspoonful sugar, one teaspoonful Soyau Sauce, and one-third cupful lobster dice. Butter an individual omelet pan, turn in one-half the mixture add one egg, slightly beaten, spread evenly, and cook until egg is set. Turn and fold omelets.

PEA ROAST

Three-quarter cupful bread crumbs, one-half cupful canned pea pulp, one tablespoonful sugar, one-quarter tablespoonful English walnut meats, finely chopped, one egg, three-quarter teaspoonful salt, one-eighth teaspoonful pepper, one-quarter cupful butter, three-quarters cupful of milk.

Break stale bread in pieces, dry in oven, roll and put through a puree strainer; there should be three-fourths cupful bread crumbs. Drain canned peas, rinse thoroughly with cold water, put in saucepan, cover with cold water, bring to the boiling point and let boil three minutes. Drain and force through a puree strainer; there should be one-half cupful pulp. Mix bread crumbs, pea pulp, sugar, nut meats, egg slightly beaten, salt, pepper and milk. Turn into a small bread pan lined with parafine paper, and let stand fifteen minutes. Cover and bake in a slow oven forty minutes. Remove to hot serving dish, and garnish with carrot timbales.

RASPBERRY ICE CREAM

Two cupfuls red raspberries, one-half cupful sugar, one-half cupful milk, two cupfuls cream, one-third cupful sugar, one teaspoonful vanilla. Wash and crush the raspberries, add the one-half cupful sugar and let stand for ten minutes. Add the rest of the ingredients and freeze until very stiff. Pack and let "ripen."

SOLE, VENETIAN

Cut six fillets of sole, or any firm white fish, three inches long by half the width and a third of an inch thick. Dust with salt and paprika and grated parmesan. Roll out a rich stiff pie crust as thick as a dollar and cut into pieces large enough to enfold the fish completely. Press the edges tightly together, lay on a baking tin, brush over with butter and bake until browned. Arrange on a platter with the edges overlapping each other and serve with tartar sauce.

EGG PLANT TURQUE

Wipe three small egg plants, cut in halves, lengthwise, fry in deep fat twelve minutes and drain. Scoop out inside and finely chop. Put two tablespoonfuls olive oil in saucepan, and when heated add one tablespoonful finely chopped onion, and cook five minutes. Add three tablespoonfuls uncooked rice, and one-half clove garlic, finely chopped, and cook five minutes; then add chopped egg plant, one cupful tomato sauce, one-half teaspoonful salt, and one-fourth teaspoonful grated nutmeg. Turn into a buttered dish and bake forty-five minutes. Add yolks two eggs, slightly beaten, and stuff egg plant shells with mixture. Cover with buttered crumbs and bake until crumbs are brown.

JUNE

THURSDAY

BREAKFAST

Prunes *
 Shirred Egg *
 Biscuits * Marmalade ‡
 Milk ‡ Coffee *

LUNCHEON

Provencale Sausage *
 Macedoine Salad, Bourgeoise ‡
 Strawberry Charlotte ‡ Iced Tea *

DINNER

Puree of Green Peas ‡
 Sweet Gherkins ‡
 Roast Ham *
 Creamed Peas, Baked Potatoes ‡
 Cress Salad ‡
 Rhubarb Meringue Pie *
 Coffee *

SALAD DRESSING, BOURGEOISE

One-half tablespoonful of French tarragon mustard, one tablespoonful of vinegar, one of mayonnaise, three of olive oil, one-half tablespoonful of chili sauce, one teaspoonful of salt, one-half tablespoonful of Worcestershire sauce, dash of pepper, one-half tablespoonful of minced chervil and chives mixed. Mix together the mustard, vinegar, salt, pepper, mayonnaise, and Worcestershire sauce, and chill in a bowl of ice. Add, little by little, the oil chervil and chives, using a wire whip, and when it is thoroughly mixed, put in a bowl and chill in the ice box until wanted.

STRAWBERRY CHARLOTTE

Cut a few large lady fingers into a long triangle so as to be able to place them in the shape of a marguerite in the bottom of a charlotte mold, pressing them down on their glazed side. Then cut off the ends and sides of a few of the same biscuits so as to stand them upright against the sides of the mold. Pressing them close to each other, incrust the mold in ice. Strain through a sieve about two pounds of ripe, good-flavored strawberries; sweeten them with some thick Curacao flavored syrup mixed with two tablespoonfuls of granulated gelatine dissolved over boiling water, stir the preparation on ice, and as soon as it thickens slightly incorporate slowly a pint of well-drained whipped cream. Fill up the mold and let harden for one hour on ice or in a very cold ice box. At the last moment invert the charlotte on a napkin and serve with some strawberry syrup.

RHUBARB MERINGUE PIE

One and one-half cupfuls rhubarb, one cupful sugar, two eggs, one tablespoonful butter, one tablespoonful flour.

Cover a pie plate with crust and fill with rhubarb mixture, which is put together as follows: Cream butter and sugar, add the slightly beaten egg yolks, flour, and the rhubarb, which has been cut fine, covered with just enough boiling water to cook it and allow to boil one minute. Bake until firm in a moderate oven. When cool, cover with a meringue, and brown slightly in oven.

MARASCHINO COCKTAIL

One-half cupful of carbonated water, four Maraschino cherries, one-quarter cupful of the syrup from the cherries, one cupful of orange juice, one cupful of cracked ice.

Pour the syrup from the cherries, the orange juice and the ice into a cocktail shaker. Shake well, add the carbonated water, strain into cocktail glasses, add a cherry to each glass and serve very cold.

JUNE

FRIDAY

BREAKFAST

Baked Pears ‡
Eggs Scrambled with Minced Ham *
Corn Bread *

Milk ‡

Coffee *

LUNCHEON

Clam Chowder, Fulton Market *
Toasted French Bread *
Lettuce and Egg Salad ‡ *
Cocoanut Pie * ‡

Milk ‡

Tea *

DINNER

Cream of Corn *
Ripe Olives ‡
Codfish, Newfoundland Style *
Cucumber and Celery Salad ‡
Steamed Almond Pudding ‡ *

Milk ‡

Coffee *

FULTON MARKET CHOWDER

Remove the hard parts from three dozen clams and chop them fine. Cut two cups of potato cubes from raw potatoes. Roll four ounces of hard crackers and cover with cold water. Place in a sauce pan two tablespoons of finely chopped salt pork and one finely chopped onion; stir over the fire, add one tablespoon of butter and cook to a nice brown, add the potato cubes, three peeled and sliced tomatoes, two cups of water, three cups of chicken or veal broth, and a seasoning of ground thyme, mace, sage and white pepper; boil thirty minutes and add the clams with their liquor and the crackers; boil thirty minutes, skim off the fat, add four tablespoons of butter and two teaspoons of chopped parsley; mix well and serve at once.

COCOANUT PIE

Beat to a cream four tablespoons of butter and one cup of granulated sugar; add one tablespoon of flour, three-quarters of a cup of granulated cocoanut, one tablespoon of milk, half a teaspoon of vanilla, one-quarter of a teaspoon of salt, and the stiffly beaten whites of three eggs. Bake a pie shell ten minutes, add a filling and bake in a moderate oven until set.

CODFISH, NEWFOUNDLAND

Soak one pound of brick codfish in cold water twelve hours, changing the water three times. Place in a saucepan, cover with fresh cold water, bring to a boil and boil five minutes; drain, break in flakes and remove all skin and bones. Fry one minced onion in two tablespoons of butter to a nice light brown; add the shredded codfish and toss over a fast fire for three minutes; add a seasoning of cayenne pepper, one clove of crushed garlic, one teaspoon of vinegar, two teaspoons of chopped parsley, and one cup of cream sauce. Line a buttered earthenware baking dish with mashed potatoes, pour in the fish mixture, sprinkle the top with bread crumbs and grated Parmesan cheese, dot with bits of butter and bake a nice brown in a hot oven. Serve in the same dish.

CUCUMBER—CELERY SALAD

Mix equal parts of peeled and diced cucumbers and peeled and diced celery with French dressing and serve on lettuce-covered plates.

STEAMED ALMOND PUDDING

Beat four tablespoons of butter to a cream and beat in gradually one-third of a cup of sugar, half a cup of molasses, and two well beaten eggs. Sift one and a half cups of sifted flour with half a teaspoon of soda, one quarter of a teaspoon of salt, and half a teaspoon of cinnamon. Combine the two mixtures with half a cup of milk, beat well and beat in three-quarters of a cup of blanched, toasted and chopped almonds and two teaspoons of grated orange rind. Pour into a buttered and floured mold and steam two and a half hours. Serve with orange custard sauce.

JUNE

SATURDAY

BREAKFAST

Tip-Top Melon ‡

Coddled Eggs *

Toasted Raisin Bread *

Milk ‡

Marmalade ‡

Coffee *

LUNCHEON

Dutch Stew *

Romaine Salad ‡

Parker House Rolls *

Fresh Plum Pie *

Milk ‡

Tea *

DINNER

Swiss Soup * ‡

Pickles ‡

Baked Beef Heart *

Spanish Sauce ‡

Green Corn *

Baked Potatoes ‡

Stuffed Tomato Salad ‡

Maple Apple Pudding ‡ *

Milk ‡

Coffee *

DUTCH STEW

Heat four tablespoonfuls of butter in a frying pan, add one pound of tenderloin of beef cut in thin strips, six lamb kidneys cut in slices and a seasoning of salt and pepper; stir and cook until the meat is done. Remove the meat to a hot dish. Add to the pan three thinly sliced young onions and one seeded green pepper cut in small dice; simmer one minute, drain off the fat, add two cupfuls of brown gravy and two cupfuls of boiled potatoes that have been cut in dice and browned in butter; add the meat, heat, do not boil and serve in a deep dish.

PLUM PIE

Cover a deep pie tin with a good pie pastry, add two cupfuls of peeled and pitted plums, half a cupful of sugar, sprinkle with a tablespoonful of lemon juice, dredge over all two tablespoonfuls of flour, dot with one tablespoonful of butter broken in small bits, cover with pastry, brush with milk and bake in a moderate oven forty minutes.

SWISS SOUP

Heat six cupfuls of soup stock and cut meat in cubes and cook at a boil for fifteen minutes. Add one cupful of American cheese cut in small cubes. Remove from the fire before the cheese melts and serve over slices of fried bread.

MAPLE APPLE PUDDING

Peel and core six apples, place in a buttered baking dish, spread over the tops one and a half cupfuls of boiled rice; add one and a half cupfuls of maple syrup, three-quarters of a cupful of sugar, three-quarters of a cupful of water mixed with two teaspoonfuls of vanilla; dot with three tablespoonfuls of butter broken in small bits and bake in a moderate oven forty-five minutes. Serve warm with orange custard.

JUNE

SUNDAY

BREAKFAST

Sliced Peaches and Cream †

Spanish Omelet *

Toast *

Milk †

Raisins †

Coffee *

DINNER

Melon Cocktail †

Celery Sticks †

Chicken, Club Style *

Fresh Lima Beans †

Hashed Brown Potatoes †

Tomato and Pineapple Salad †

Brick Ice Cream, Mocha Sauce †

Butter Sponge Cake *

Milk †

Coffee *

SUPPER

Cold Tongue *

Fruit Chutney †

Lettuce †, Piquant Dressing †

Raisin Bread Sandwiches *

Watermelon †

Iced Tea Punch *

RAISINE

Place in a preserving kettle five pounds of washed and stemmed grapes, mash lightly, set over a slow fire and cook slowly, stirring with a wooden spoon, until the juice flows. Pour into a jelly bag and drain off the juice. Measure the juice into the kettle, add five pounds of peeled, cored and thinly sliced pears, stir and bring to a boil; boil until the pears are tender and add one and a half cupfuls of the grape juice. Stir until the sugar is dissolved and boil until a little of the juice dropped on a cold plate will jelly. Pack in clean hot jars and seal.

CHICKEN, CLUB STYLE

For six people, cut in halves three cleaned broiler chickens, dip in three beaten eggs beaten with four tablespoonfuls of cream, a seasoning of pepper and salt, roll the pieces in sifted bread crumbs, lay in a buttered pan, dot with bits of butter and place in a hot oven for twelve minutes. Lift out the chicken, place in an iron pot, cover tight and set over a slow fire for half an hour or until tender. Place the chicken on a hot platter, add half a cupful of cream to the kettle, heat, add two tablespoonfuls of tomato ketchup and strain over chicken.

TOMATO, PINEAPPLE SALAD

Cover six cold salad plates with crisp lettuce leaves, on the lettuce on each plate lay a slice of pineapple, on the pineapple lay a slice of peeled, firm tomato, sprinkle with salt and paprika, cover tomato with mayonnaise and sprinkle the mayonnaise with finely chopped mint.

BUTTER SPONGE CAKES

Beat half a cupful of butter to a cream and beat into it slowly one cupful of sifted sugar, beat two minutes, beat in the well-beaten yolks of three eggs and beat five minutes; add one teaspoonful of water and beat three minutes. Sift one and a third cupfuls of sifted flour with two level teaspoonfuls of baking powder and add to the mixture, alternately, with the stiffly beaten whites of three eggs, beat smooth and bake in buttered and floured large muffin tins in a moderate oven. Cool and dip in white icing.

PIQUANT DRESSING

Rub a small cold bowl with a clove of crushed garlic and mix in it two-thirds of a cupful of tomato ketchup, two tablespoonfuls of chopped pimiento, two tablespoonfuls of chopped green pepper, one tablespoonful of finely chopped tender celery, two tablespoonfuls of chopped ripe olives, four tablespoonfuls lemon juice, one teaspoonful of salt, one-third of a teaspoonful of paprika and two tablespoonfuls of olive oil. Beat well and serve on lettuce.

JUNE

MONDAY

BREAKFAST

Sliced Peaches and Cream ‡

Coddled Eggs *

Toast *

Milk ‡

Plum Marmalade ‡

Coffee *

LUNCHEON

Macaroni and Cheese, Boston * ‡

Italian Salad ‡

Watermelon ‡

Iced Tea *

DINNER

Avocado Cocktail, Moana ‡

Olives ‡

Boiled Beef Tongue *

Tomato Sauce ‡

Fresh String Beans ‡

Potato Cakes ‡

Fruit Salad ‡

Devil's Food a la Mode * ‡

Milk ‡

Coffee *

PLUM MARMALADE

See page 234

MACARONI AND CHEESE

Plunge half a pound of broken macaroni into boiling water, add one tablespoonful of butter and cook fifteen minutes, add one teaspoonful of salt and cook until tender, drain well and keep warm. Place in a saucepan one cupful of meat stock, one cupful milk, one bay leaf and half a cupful of sliced onion; bring to a boil and strain into a clean saucepan; blend six tablespoonfuls of butter with three tablespoonfuls of flour, add the strained stock and stir and cook until it boils; add to the sauce the cooked macaroni, half a cupful of chopped, cooked ham, two-thirds of a cupful of grated American cheese, and a seasoning of salt and pepper. Pour into a buttered earthenware baking dish, cover with grated crumbs and cheese, dot with bits of butter and bake in a moderate oven fifteen minutes.

MOANA COCKTAIL

Mix in cold bowl one teaspoonful of salt, two teaspoonfuls of sugar, one tablespoonful of finely chopped preserved ginger, half a teaspoonful of paprika, four tablespoonfuls of lemon juice, half a cupful of orange juice and one cupful of olive oil. Beat well for four minutes, set on the ice to chill and beat again. Fill stem glasses two-thirds full with peeled and diced avocados and fill with the sauce. Serve ice cold.

TOMATO SAUCE

Place in a saucepan four tablespoonfuls of butter, add one peeled and sliced carrot, one peeled and sliced onion, one peeled and sliced turnip, two cupfuls of peeled and sliced tomatoes, four whole pepper corns, one blade of mace, one bay leaf, and six branches of parsley; stir and cook ten minutes, add four level tablespoonfuls of sifted flour and one cupful of the tongue stock; stir and cook until it comes to a boil, add a seasoning of salt and simmer forty minutes; rub through a sieve, reheat and serve.

POTATO CAKES

Place in a frying pan four tablespoonfuls of butter, add one slice of onion and cook until the onion is golden brown; skim out the onion and lay in the pan cold mashed potatoes made into round cakes half an inch thick. Brown nicely on both sides and serve hot.

JUNE

TUESDAY

BREAKFAST

Sliced Bananas in Cream †
 Country Sausage with Fried Apples * †
 Hot Cakes * Maple Syrup †
 Milk † Coffee *

LUNCHEON

Chicken GIBLETS with Macaroni *
 Green Pepper Salad †
 Rice Pudding *
 Milk † Tea *

DINNER

Fruit Cocktail †
 Ripe Olives †
 Hungarian Beef Loaf *
 Tomato Sauce †
 Fried Oyster Plant †
 Potato Pancakes † *
 Celery and Nut Salad †
 Pears Shrewbury †
 Milk † Coffee *

CHICKEN GIBLETS

Place the chicken giblets left from Sunday's dinner in a saucepan, cover with salted water and boil until tender. Lift out and chop in coarse pieces. Melt two tablespoonfuls of butter in a saucepan, add two tablespoonfuls of flour and one finely chopped onion; stir until brown, add two cupfuls of strained tomatoes, a seasoning of salt and paprika and cook for thirty minutes. Add the chopped giblets to the sauce with half a pound of cooked macaroni; heat and serve.

RICE PUDDING

Place two cupfuls of cooked rice on a sieve and let cold water run through it; drain for one hour. Butter a pudding dish and dust with flour, cover the bottom with half of the rice, spread over the rice one-third of a cupful of seedless raisins, cover with the remaining rice. Beat two eggs and gradually beat into them half a cupful of sugar and one and a half cupfuls of scalded and cooled milk, add one teaspoonful of grated lemon rind and pour over the pudding. Set in a pan of hot water and bake in a moderate oven until firm in the center. Serve with lemon sauce.

HUNGARIAN BEEF LOAF

Put through the fine knife of the meat grinder half a pound of lean beef and mix with half a pound of sausage meat, half a pound of lean boiled ham, cut in small dice, and an equal measure of bread crumbs. Season with one chopped clove of garlic, one tablespoonful of grated onion, one finely chopped green pepper, and salt and paprika. Mix the beaten yolk of one egg, beaten with four tablespoonfuls of milk and the stiffly beaten egg white. Place in a buttered mold, cover tight and steam or boil for two hours. Unmold on a hot dish and pour around tomato sauce.

POTATO PANCAKES

Mix two cupfuls of cold mashed potatoes with one well-beaten egg, half a cupful of milk, half a cupful of flour, and a seasoning of salt and pepper. Drop by tablespoonfuls onto a hot griddle and bake a nice brown on both sides.

PEARS SHREWBURY

Place in a saucepan two cupfuls of water, two cupfuls of sugar, and one sliced lemon, bring to a boil and boil three minutes; add six peeled, halved and cored pears and simmer until the pears are tender. Lift onto a plate and set in the ice box to chill. Beat half a cupful of butter to a cream with half a cupful of sugar; add one well-beaten egg and the grated rind of one lemon. Add two cupfuls of sifted flour sifted with one teaspoonful of baking powder and work to a smooth dough; roll in a long strip, cut in even finger shaped pieces and bake in a moderate oven. Mound the baked strips in the center of a serving dish and arrange around the chilled halves of pears.

JUNE

WEDNESDAY

BREAKFAST

Strawberries ‡
Bacon and Eggs *
Whole Wheat Toast *
Milk ‡
Jam ‡
Coffee *

LUNCHEON

Stuffed Avocados au Gratin ‡ *
Orange Salad ‡
Bavarian Cream *
Milk ‡
Tea *

DINNER

Consomme with Tomatoes * ‡
Olives ‡
Broiled Steak, Bercy *
Italian Squash ‡
French Fried Potatoes ‡
Spring Salad ‡
Cantaloupe a la Mode ‡
Milk ‡
Coffee *

RASPBERRY JAM

Two pounds of raspberries, two pounds of gooseberries and four pounds of sugar, let stand over night in a cool place, place in a preserving kettle and stir and cook slowly until the sugar is dissolved then boil for thirty minutes or until a little of the juice will jell when dropped on a cold plate. Pack in hot glass jars, seal and store in a dry, cool, dark place.

STUFFED AVOCADOS

Split three ripe, firm avocados, remove the seeds and remove the flesh in strips without breaking the shells and cut in even-sized dice. Heat three tablespoonfuls of butter in a saute pan, add the avocado dice and fry a nice brown with half a cupful of chopped cooked ham; one teaspoonful of chopped parsley and four soaked and chopped dried mushrooms; add half a cupful of cream, one cupful of bread crumbs, half a teaspoonful of salt, one-quarter of a teaspoonful of mace, one-quarter of a teaspoonful of paprika and the beaten yolks of two eggs. Fill the shells with the mixture, sprinkle with grated cheese and bake a nice brown in a slow oven.

BAVARIAN CREAM

Soak two tablespoonfuls of granulated gelatine in one-third of a cupful of cold water for ten minutes; heat two cupfuls of milk in a double boiler, add the soaked gelatine and stir until the gelatine is dissolved; the well-beaten yolks of two eggs, half a cupful of sugar and a few grains of salt; stir and cook slowly until creamy; remove from the fire, pour into a cold bowl and beat until it starts to thicken, add one teaspoonful of vanilla, half a teaspoonful of lemon extract and two cupfuls of stiffly whipped cream; beat well, arrange in serving dishes, sprinkle with cocoanut and chopped almonds and set in the ice box two hours before serving.

STEAK BERCY

Heat two tablespoonfuls of butter and two tablespoonfuls of olive oil in a large frying pan and lay in a four or five-pound porterhouse steak that has been seasoned with pepper and salt and rolled in olive oil; cook over a medium fire for three minutes, turn and cook slowly until nearly done. Beat to a cream six tablespoonfuls of butter, four finely chopped young onions, two teaspoonfuls of chopped parsley and the juice of two lemons. Lay the steak on a fire-proof platter, spread with the butter mixture and set in a moderate oven for five minutes. Garnish with branches of watercress and slices of lemon.

SPRING SALAD

Mix in a cold bowl rubbed with a clove of crushed garlic, two peeled and chopped cucumbers, one small head of white celery cut in thin pieces, one bunch of radishes cut in thin slices, three cooked artichoke hearts cut in cubes and two-thirds of a cupful of tarragon flavored French dressing. Mix well and serve on cold plates covered with shredded lettuce.

JUNE

THURSDAY

BREAKFAST

Casaba Melon ‡

Bacon Omelet *

Toast *

Milk ‡

Jelly ‡

Coffee *

LUNCHEON

Calf's Brains, Brown Butter *

Beet and Celery Salad ‡

Apple Cake *

Milk ‡

Tea *

DINNER

Cream of Watercress ‡

Ripe Olives ‡

Baked Ham, Currant Jelly Sauce *

Buttered Cauliflower ‡

Baked Sweet Potatoes ‡

Cabbage Salad Royal ‡

Green Tomato Mince Pie ‡

Milk ‡

Coffee *

CALF'S BRAINS

Cover two sets of calf's brains with cold water and let stand thirty minutes, change the water and let stand thirty minutes. Run cold water through them slowly and with the tips of the fingers remove the skins and clotted blood. Place in a saucepan four cupfuls of water, two teaspoonfuls of lemon juice, one small onion stuck with two cloves, six pepper corns, one spray of parsley, half of a bay leaf, one stalk of celery and half of a carrot. Bring to a boil and simmer twenty minutes. Lay in the cleaned brains, bring slowly to a boil and simmer fifteen minutes. Remove from the fire and cool in the liquor. Just before serving reheat, cut in halves, arrange on a serving platter, garnish with parsley and pour over brown butter sauce.

BROWN BUTTER SAUCE

Place two quarts of chopped green tomatoes in a colander and run boiling and fry until the parsley is crisp and the butter brown. Remove the parsley and arrange around the brains. Add to the butter one tablespoonful of lemon juice, boil up and pour over the brains.

CREAM OF WATERCRESS

Cover five cupfuls of chopped watercress with just enough water to keep from burning, heat and simmer slowly until soft. Rub through a sieve into a clean saucepan. Place in a saucepan four tablespoonfuls of butter, melt, add six tablespoonfuls of flour and rub smooth. Beat in three cups of cold milk and stir and cook until thick and smooth. Stir in the watercress pulp, season with salt and pepper, reheat and serve with croutons.

CABBAGE SALAD

Mix in a bowl rubbed with a clove of crushed garlic three cupfuls of finely shredded cabbage, one chopped pimiento, one cupful of chopped raw cranberries, one chopped unpeeled red apple and one cupful of cooked red apple. Add enough lemon French dressing to moisten and serve very cold on lettuce-covered plates.

GREEN TOMATO MINCE PIE

Place two quarts of chopped green tomatoes in a colander and run boiling water through them three times. Place in a preserving kettle, add two cupfuls of sugar, half a cupful of seedless raisins, and half a cup of seeded raisins. Bring slowly to boil and simmer until all are tender. Stir in four tablespoonfuls of vinegar and cool. Add half a teaspoonful of salt, one teaspoonful of cinnamon, half a teaspoonful of cloves, grated rind and juice of half an orange, one teaspoonful of grated lemon rind and one teaspoonful of lemon juice. Use as a filling for pies.

JUNE

FRIDAY

BREAKFAST

Strawberries and Cream †

Bacon Omelet *

Toast *

Milk †

Cherry Jam †

Coffee *

LUNCHEON

Astor Salad † *

Raisin Bread Sandwiches *

Plum Turnovers *

Grape Juice Cup †

DINNER

Connecticut Chowder *

Radishes †

Baked Rock Bass, Redondo *

Fried Parsnips †

Potato Croquettes †

Cucumber and Tomato Salad †

Watermelon Sherbet †

Milk †

Macaroons *

Coffee *

CHERRY JAM

Place five pounds of stoned, ripe, firm cherries in a preserving kettle with five pounds of sugar, and let stand over night; bring slowly to a boil and boil until a little will form a jell when dropped on a cold plate. Place in clean, hot glass jars and seal tight.

ASTOR SALAD

Mix in a cold bowl one-and-one-half cupfuls of diced cooked lobster, two-thirds of a cupful of diced celery, two-thirds of a cupful of peeled and diced cucumbers, two chopped hard-boiled eggs, one chopped pimienta, one chopped green pepper, twelve chopped ripe olives, one-quarter of a teaspoonful of paprika, and one cupful of tarragon-flavored French dressing. Let stand in a cool place one hour, drain and place on six cold lettuce-covered plates. Cover with mayonnaise, sprinkle with chopped parsley and garnish with peeled cooked shrimps and ripe olives.

BAKED ROCK BASS

Wash, clean and leave on the head of a four or five-pound rock bass. Mix two cupfuls of fine bread crumbs with two-thirds of a cupful of soft butter, grated rind of half a lemon, one tablespoonful of chopped parsley, one teaspoonful of powdered marjoram, a seasoning of salt and paprika, and two eggs well beaten with two teaspoonfuls of water. Fill the cleaned bass with the mixture, sew up, score each side in four places and place in the scores thin strips of salt pork. Cover the bottom of a baking pan with half of a finely chopped onion, one chopped stalk of celery, two sprigs of parsley, one sliced carrot, half of a bay leaf, and one cupful of water. Set the fish in the pan and bake in a moderate oven. Lift out the fish carefully and place on a hot platter. Add to the pan two-thirds of a cupful of tomato sauce, boil up and strain into a sauce boat. Garnish the fish with lemon slices and branches of parsley.

CUCUMBER-TOMATO SALAD

Peel and cut in dice three medium-sized cucumbers and mix in a cold bowl rubbed with a clove of crushed garlic with three peeled and diced firm ripe tomatoes, six sliced radishes, half a cupful of finely chopped celery, a seasoning of pepper and salt, and two-thirds of a cup of French dressing. Place on lettuce-covered plates.

WATERMELON SHERBET

Carefully remove the red part from a watermelon, save the juice and press the pulp through a sieve to remove the seeds. Mix three quarts of the pulp and juice and the grated rind and juice of half a lemon and one and a half cupfuls of sugar; pour into a freezer and turn until half-frozen; add the stiffly beaten whites of three eggs and finish freezing. Serve in tall glasses.

JUNE

SATURDAY

BREAKFAST

Dewberries with Cream ‡
 Eggs scrambled with Ham *
 Toast *
 Milk ‡
 Apricot Jam ‡
 Coffee *

LUNCHEON

Calf's Brains, Brown Butter *
 String Bean Salad ‡
 Apricot Cake * ‡
 Tea Julep *

DINNER

Raspberry Soup ‡
 Celery Sticks ‡
 Breast of Veal, Poulette *
 Green Peas ‡
 Gilded Potatoes ‡
 Watercress, Chicory and Lettuce Salad ‡
 Mocha Cake a la Mode ‡ *
 Milk ‡
 Coffee *

APRICOT JAM

Wash, cut in halves, remove the stones from five pounds of firm ripe apricots; place in a preserving kettle; add five pounds of sugar and stir over the fire until the juice runs; bring to a boil slowly, reduce the heat and simmer for two hours; add the juice of two lemons, mix well, pour into hot, clean glasses, cover and store in a cool, dry, dark place.

APRICOT CAKE

Sift two and a half cupfuls of sifted flour with half a teaspoonful of salt, two tablespoonfuls of sugar, half a teaspoonful of mace and five level teaspoonfuls of baking powder; mix with these two beaten eggs, two tablespoonfuls of melted butter and one and a quarter cupfuls of milk. Spread in a shallow buttered baking pan, brush with melted butter, cover the top with quarters of pitted apricots, sprinkle with four tablespoonfuls of sugar mixed with half a teaspoonful of mace and bake in a moderate oven thirty minutes. Serve hot or cold, cut in squares with cream.

TEA JULEP

Cover two heaping teaspoonfuls of tea with four cupfuls of fresh boiling water, let stand six minutes, strain and cool. Pour into a large glass pitcher half filled with fresh mint, one sliced and diced orange, the strained juice of two lemons, two strips of cucumber peel, one pint of ginger ale and sugar to sweeten to taste. Mix well, let stand one hour, remove the mint and cucumber rind and pour into cold glasses and garnish each glass with a spray of fresh mint and a whole strawberry.

VEAL, POULETTE

Parboil eight small onions for forty-five minutes, drain and simmer in four tablespoonfuls of butter without coloring for five minutes; remove the onions and set on a warm dish; add to the butter in the saucepan four tablespoonfuls of flour, stir smooth, do not brown, beat in slowly two and a half cupfuls of water, stir until smooth, add one and one-half pounds of breast of veal cut in two-inch squares, a seasoning of salt, pepper and nutmeg, cover the pan and let simmer slowly until the meat is tender, about one and a half hours; bring slowly to a boil and stir in carefully the yolks of two eggs beaten with one teaspoonful of lemon juice; add the onions and stir and cook until the eggs are set, about two minutes. Serve from a hot dish and sprinkle with finely chopped parsley.

JUNE

SUNDAY

BREAKFAST

	Raspberries †	
	French Omelet *	
Waffles *		Honey †
Milk †		Coffee *

DINNER

	Puree a la St. Germain * †	
Ripe Olives †		Celery †
	Fried Chicken *	
Tomato Farci †		Creamed Potatoes †
	Grapefruit Salad †	
Cantaloupes †		Strawberry Sherbet †
	Coffee *	

SUPPER

	Chicken Salad Ravigote *	
	Fairmont Sandwiches *	
	Hong Kong Cup †	
Milk †		Coffee *

PUREE A LA ST. GERMAIN

Cook one quart of shelled peas with a leek, a bunch of parsley, and a tablespoonful of butter in water to cover. Rub through a sieve, add a teaspoonful of sugar, salt, pepper, and nutmeg to season, and two cupfuls of veal stock. Reheat, and thicken with the yolks of two eggs, beaten smooth in one cupful of cream.

FRIED CHICKEN

Cut a tender chicken in pieces; dip the pieces in milk; sprinkle them with salt and pepper and roll them in flour; saute them in a tablespoonful of lard or butter, browning both sides; then remove and add to the pan a tablespoonful of flour; cook it for a minute without browning, stirring all the time, and add a cupful of milk or cream, stir until it is thickened; strain; mix into it a tablespoonful of chopped parsley. Place the sauce on the serving dish and arrange the pieces of chicken on it.

CREAMED POTATOES

Cut cold boiled potatoes that are a little underdone into dice or into slices one-eighth of an inch thick. Put them in a saucepan with enough milk or cream to cover them, and cook until the potatoes have absorbed nearly all the milk; then to every two cupfuls of potato add one tablespoonful of butter, one-half teaspoonful of salt, a dash of pepper, and, just before serving, a teaspoonful of parsley chopped very fine; or a white sauce may be made, using cream, if convenient, and the potatoes placed in it just long enough to heat them; or a cream sauce may be poured over hot boiled potatoes; then sprinkle with parsley.

TOMATO FARCI

Cut the tomatoes in halves; place them in a frying pan, the open side down, in one-half inch of hot fat. Move them until they are cooked tender. Then lift them carefully without breaking, and place them side by side in a baking dish. Pour a little sweet oil around them; sprinkle with chopped garlic, and parsley, salt, pepper, and cayenne. Bake in hot oven fifteen to twenty minutes. Serve in same dish.

CHICKEN SALAD RAVIGOTE

Saute two-thirds cup English walnut meats, broken in bits, until brown, in butter, cool, and add two cups diced chicken, marinate in French dressing, and add one cup celery. Cover with mayonnaise ravigote and serve on lettuce.

HONG KONG CUP

Two cups of cold tea, four cups of water, juice of two lemons, four tablespoonfuls, chopped, preserved ginger, two tablespoonfuls ginger syrup, one-half cupful of sugar add one cupful of chopped cherries; pour into cold glasses.

JUNE

MONDAY

BREAKFAST

Strawberries and Cream †
Eggs and Bacon *
Toast *
Milk †
Jelly †
Coffee *

DINNER

Corn Soup *
Radishes †
Roast of Beef a la Balfour *
Celery †
Stuffed Cucumbers †
Potatoes †
Romaine, Mayonnaise Salad †
Milk †
Red Raspberry Sherbet †
Coffee *

SUPPER

Chicken and Nut Sandwich * †
Iced Chocolate †

CORN SOUP

Take one cupful of corn which has been boiled on the cob, or one cupful of canned corn, and press through a sieve. Add the pulp to six cupfuls of boiling beef stock.

ROAST BEEF A LA BALFOUR

Try and procure a six-pound standing roast as that part of the meat cuts to good advantage. Take a towel and dry the meat, (never wash steak or roast). Take salt, pepper and ginger, rub the roast well with this seasoning, place in baking pan, make an incision on top of the beef, in this place two large peeled onions and about one tablespoon of butter, cover and set in hot oven, baste about every ten minutes with the dripping, when brown all around add water to the gravy, do not pour it over the meat. Allow fifteen minutes to the pound for cooking. After adding water place on each side a small piece of horseradish and as many medium sized potatoes as there are persons, sprinkle a little sugar over the potatoes, as that glazes them and gives a bouquet to the gravy.

STUFFED CUCUMBERS

Three large cucumbers, one medium sized onion, one half teaspoonful of salt, one-half cupful pecans, one white of an egg, one eighth pepper, bread crumbs and butter.

Peel and simmer cucumbers until tender, cool slightly, cut in halves, lengthwise and scoop out the pulp, mixing it with the onion, cut fine, and the chopped nuts, add the beaten white, seasoning, and fill the shells. Cover with bread crumbs and bits of butter and bake brown.

RED RASPBERRY SHERBET

One and one-fourth cupfuls sugar, two cupfuls of water, or half fruit juice and water, two cupfuls of fresh or canned red raspberries, one-fourth cup of lemon juice, two egg whites.

Boil the sugar and water together for five minutes. Cool, add the raspberries, crushed, and the lemon juice, and freeze until mushy. Add the egg whites, stiffly beaten and freeze until stiff.

CHICKEN AND NUT SANDWICH

The white meat of a chicken which has been roasted or boiled is chopped very fine, and to one cupful of it is added a quarter of a cup blanched almonds or English walnuts, also chopped fine. This is softened with sweet cream to a paste that will spread easily on the bread. It can be used on either graham or white bread.

JUNE

TUESDAY

BREAKFASTFigs and Cream ‡
Cheese Omelet *Toast *
Milk ‡Jam ‡
Coffee ***DINNER**

Avocado Soup ‡ *

Salted Nuts ‡

Poulet Henri VI *

Kohl-Rabi ‡

Baked Potatoes ‡

California Salad ‡

Peach Ice Cream ‡

Milk ‡

Chocolate Nougat Cake *

Coffee *

SUPPER

Mock Crab Sandwiches ‡

Strawberry Sherbet ‡

AVOCADO SOUP

Beat a cupful of double cream until thick and mix with the beaten yolks of two eggs; pour into it slowly a generous pint of hot chicken consomme; season with salt and cayenne and place all in a double boiler; add the pulp of a large avocado cut in dice, stir until the soup thickens, then serve. Milk scalded with an onion, green pepper, bay leaf and cloves, then strained, can be substituted for the consomme.

POULET HENRI VI

Chop fine a young onion, half a clove of garlic, and a branch of parsley. Mix with the crumbs of a stale loaf of bread and fry in a large spoon of butter; add three hard-boiled eggs, cut up, and a slice of salt pork, or ham, chopped. Season highly with pepper and salt. Stuff a fat five or six-pound fowl, truss it and broil very slowly until tender.

KOHL-RABI

Cut the green tops from two large young kohlrabi and freshen in cold water. Peel the globes, cut in cubes and boil; also boil the tops rapidly in unsalted water, drain and chop fine. Mix together with cream sauce, season with a little mace or nutmeg and serve.

BAKED POTATOES

Scrub five large potatoes and bake until soft. Melt half a cup of butter in a chafing dish; when hot add the potato which has been taken out of the skins; season well with salt, enough paprika to color it a delicate red, and a tablespoonful of finely chopped parsley. Stir all together until the potatoes are creamy, adding more butter if necessary, and serve very hot.

CALIFORNIA SALAD

Mix the pulp of half a grapefruit with a cup of Malaga grapes, peeled and seeded, two or three cupfuls of Thompson seedless grapes, and two slices of canned pineapple, cut up. Place in a salad bowl on a bed of crisp lettuce and cover with half a cup of French dressing.

PEACH ICE CREAM

One pint of milk, one pint of cream, one and one-half pints of peach pulp, two and one half cupfuls of sugar.

Add half the sugar to the peach pulp and let it stand for two hours, then press it again through a sieve. Scald the milk with half the sugar, let it cool, half freeze it and then add the cream and peach pulp and finish freezing.

STRAWBERRY SHERBET

Crush a quart of ripe strawberries, mix with an equal quantity of water, a pound of sugar, and one lemon, sliced thin, and let stand in a glass or earthenware vessel over night. In the morning, strain and keep on ice until wanted. In serving, put a single fresh berry in each glass. Raspberries may be similarly used, slightly reducing the quantity of sugar.

JULY

MONDAY

BREAKFAST

Strawberries ‡
 Calf's Liver, Minute *
 Toast *
 Milk ‡
 Grape Marmalade ‡
 Coffee *

LUNCHEON

Chingoree Curry *
 Flapper Salad ‡
 Orange Cream Pie *
 Iced Tea *

DINNER

Cream of Spinach ‡
 Olives ‡
 Pork Chops, Rex *
 Green Corn *
 French Fried Sweet Potatoes ‡
 Lettuce, French Dressing ‡
 Fresh Peach Pie * ‡
 Milk ‡
 Coffee *

CALF'S LIVER

Cut the calf's liver in twelve thin slices and dredge with flour seasoned with salt and pepper. Heat two tablespoonfuls of lard in a frying pan, lay in the floured slices of calf's liver and fry a minute and a half on each side. Remove to a hot platter, sprinkle with finely chopped parsley and the strained juice of one lemon.

GRAPE MARMALADE

See page 161

CHINGOREE CURRY

Heat one cupful of olive oil and when it boils add three tablespoonfuls of finely chopped onions and cook until a light golden color; stir in slowly two teaspoonfuls of curry powder dissolved in one cup of rich milk. Stir and cook slowly for five minutes; add two and a half cupfuls peeled, cooked shrimp, heat and serve in a border of cooked rice. Cool the oil slightly before adding the milk.

FLAPPER SALAD

Cut a thin slice from the blossom end of six rosy cheek apples, cut a thick slice from the stem ends and remove the insides with a small sharp knife. Chop the apple removed from the shells with one cupful of chopped celery and mix with enough lemon French dressing to moisten. Set on six lettuce-covered plates and sprinkle with chopped walnut meats.

PORK CHOPS

Have the butcher remove the bones from twelve small pork chops and pin in rounds with tooth-picks. Wipe the chops with a damp cloth and season with salt and pepper, place in an oiled baking pan and bake a nice brown on the bottom. Remove the pan from the oven, turn the browned side up and spread evenly over the top of each chop, a mixture made with one cup of soft, fine bread crumbs, half a teaspoonful of chopped parsley, half a teaspoonful of powdered thyme, half a teaspoon of powdered marjoram, a season of salt and paprika, four tablespoonfuls of hot water and two tablespoonfuls of melted butter. Return to oven and cook until done. Remove to a hot platter, place around each chop a ring of green pepper that has been parboiled in salted water. Garnish with sprays of parsley.

JULY

TUESDAY

BREAKFAST

Sliced Pineapple ‡
 Corn and Scrambled Egg *
 Sour Milk Griddle Cakes *

Milk ‡

Coffee *

LUNCHEON

Chicken Chow Mein *
 Floating Island *
 Tea *

DINNER

Cream of Spinach Soup ‡
 Radishes ‡
 Steak and Kidney Pie *
 Frozen Strawberry Pudding * ‡

Milk ‡

Coffee *

CORN AND SCRAMBLED EGGS

One can corn, or three ears cooked corn, one teaspoonful salt, one-eighth teaspoonful pepper, four whole eggs, one tablespoonful butter.

Melt butter in a pan, add corn, season to taste and when well heated add the beaten eggs, stir and scrape carefully from bottom of pan and cook gently until eggs are set. Serve at once.

FLOATING ISLAND

Heat one quart of milk to scalding but not boiling point; beat the yolks of four eggs with four tablespoonfuls of sugar, two teaspoonfuls of extract of vanilla, and pour gradually over them one cupful of the hot milk; then turn all into a saucepan and boil until it begins to thicken. When cool turn over thinly sliced sponge cake spread with jam and arrange in a deep compote. Beat the egg whites very, very stiff, whipping with them a little soft currant jelly. Drop the whip by tablespoonfuls on top of the custard and place a little block of currant jelly on the top of each island. Serve very cold.

CHICKEN CHOW MEIN

One-half pound noodles, one quart peanut oil, one tablespoonful salt, four ounces pork chopped fine, two pounds chicken, chopped, two tablespoonfuls soy, one stalk celery, diced, one onion, chopped fine, one-half pound mushrooms, one-half pound cooked breast of chicken, yolks of two hard-boiled eggs.

Have the peanut oil boiling hot, toss in the noodles and fry until crisp. Skim them out and let drain on paper. Place pork in kettle, add onion, chopped chicken, salt and the soy Chinese sauce. Cook ten minutes or until chicken is tender. Add mushrooms, the celery, and let cook all together five minutes. Place noodles on hot platter, add chopped meat and vegetables with the gravy. Garnish top with thin slices of breast of chicken cut in strips, and the yolk crumbles. Serve hot.

FROZEN STRAWBERRY PUDDING

One quart strawberries, one-half pound macaroons, one cupful sugar, four yolks, one cupful cider.

Alternate sugared strawberries and macaroons in a pudding dish. Heat cider and pour gradually over the beaten yolks. When slightly cooled pour over the berries and macaroons and mix. Fill into an air-tight mold and pack in ice and salt six hours. Serve with sweetened whipped cream.

JULY

WEDNESDAY

BREAKFASTStrawberries †
Windsor Egg *Toast *
Milk †Jelly †
Coffee ***LUNCHEON**

Bavarian Veal Chops *

Tomato Salad †

Biscuits *

Orange Cream Sherbet †

Tea *

DINNER

Green Corn Soup *

Radishes †

Tournadoes of Lamb *

Sauted Parsnip †

Savory Potatoes †

Pea Salad †

Peach Cabinet Pudding *

Coffee *

WINDSOR EGG

Arrange four poached eggs on circular pieces of buttered toast, sprinkle with one and one half tablespoonfuls sauted chopped mushroom caps, pour around Windsor Sauce and sprinkle sauce with one half teaspoonful finely chopped parsley, and one half teaspoonful finely cut chives.

WINDSOR SAUCE

Melt three tablespoonfuls butter, add three tablespoonfuls flour, and stir until well blended; then pour on gradually, while stirring constantly, three-fourth cup highly seasoned chicken stock, and one-fourth cup cream. Bring to the boiling point and add one-fourth teaspoonful salt, one-eighth teaspoonful pepper, and the yolk of one egg, slightly beaten.

BAVARIAN VEAL CHOPS

Wipe six loin chops and put in stewpan with one half sliced onion, eight slices carrot, two stalks celery, one-half teaspoonful peppercorns, four cloves and two tablespoonfuls butter. Cover with boiling water and let simmer until chops, are tender. Drain, season with salt and pepper. Arrange on hot serving dish and surround with two cupfuls of boiled macaroni, broken into two-inch pieces and mixed with the following sauce. Peel and slice onions; there should be two cupfuls. Cover with boiling water and cook five minutes; drain again, cover with boiling water and cook until soft; again drain and rub through a sieve. Melt two tablespoonfuls butter, add two tablespoonfuls flour and stir until well blended; then pour on gradually, while stirring constantly one cupful chicken stock. Bring to the boiling point and add onion puree and one-half cup cream or milk. Season with one-half teaspoonful salt and a few grains pepper.

GREEN CORN SOUP

Boil slowly, in four quarts of water, a soup bone either of beef or veal. Season with salt, skim carefully, and simmer for an hour. Add the corn scraped from twelve ears, pepper to taste, and a small bunch of parsley. When the corn is tender, take out the bone, and the larger pieces of meat and gristle, and press through a sieve. Thicken with a tablespoonful of flour made smooth in a cupful of milk and add a tablespoonful of butter.

TOURNADOES OF LAMB

See page 123

PEACH CABINET PUDDING

One can peaches, one third cupful powdered sugar, two cupfuls milk, yolks of three eggs, whites three eggs, one-quarter cupful sugar, one-eighth teaspoonful salt, one and one half tablespoonfuls granulated gelatine, two tablespoonfuls cold water and three tablespoonfuls grape juice.

Drain peaches, cut in quarters, sprinkle with powdered sugar and pour on the grape juice. Make a custard of milk, egg yolk, sugar and salt, and just before removing from fire add gelatine soaked in cold water. Strain and when slightly cooled add liquor drained from peaches. Stir until mixture begins to thicken, then add whites beaten stiff. Line a mold with peaches pour in custard and chill.

JULY

THURSDAY

DINNER

Cantaloupes ‡
 Shirred Eggs *
 English Muffins * Marmalade ‡
 Milk ‡ Coffee *

LUNCHEON

Spanish Tongue *
 Andalusian Salad * ‡
 Lalla Rookh *
 Tea *

DINNER

Peanut Bisque *
 Ripe Olives ‡
 Lamb en Casserole *
 Peas ‡ Potatoes ‡ †
 Watercress Salad ‡
 Raspberry Souffle *
 Coffee *

SPANISH TONGUE

Boil a fresh tongue and when cold cut in thin slices. Take one pound of sweet red peppers and boil with a pinch of salt. When tender drain, remove the skin and rub through a colander. Add some salt, one teaspoonful of onion juice, and fry in lard five minutes. When cold mix with two tablespoonfuls (or less) of vinegar and one pound of ripe olives, pour over the tongue and serve.

ANDALUSIAN SALAD

Put a layer of stale bread, cut into small slices, into the bottom of a bowl, sprinkle plentifully with oil and a little vinegar; add slices of Spanish onion, tomatoes and green cucumbers, sprinkle with salt and chopped red peppers, without the seeds; add another layer of bread, then another of the vegetables. Let it stand for an hour in a cool place, then scatter a handful of bread crumbs on top, and moisten well with oil and vinegar.

LALLA ROOKH

Whip the whites of five eggs to a stiff froth, whip one pint of thick cream; beat the yolks of the eggs very light, and stir in one cupful of fine sugar, the juice of two lemons, and one cupful of orange juice. When very light and frothy, fold in the cream and the beaten whites of the eggs; pour into a mold, cover tightly, pack in a bucket, with ice and salt, four hours before serving. The juice of any berry or fruit may be substituted for the orange.

PEANUT BISQUE

Remove the brown skin from one pint of peanuts, chop very fine, add one quart of veal or chicken stock and simmer until tender. Rub through a puree sieve, adding a little milk from time to time. Season with salt and pepper, and add enough beet juice or pink coloring paste to give a good tint. Serve with peanut crackers which have been toasted in the oven.

RASPBERRY SOUFFLE

One cupful raspberries, two heaping tablespoonfuls sugar, four tablespoonfuls water, two tablespoonfuls butter, two tablespoonfuls flour, three tablespoonfuls cream, two eggs.

Put the raspberries into a saucepan with the sugar and the water; stir over the fire with a wooden spoon till the fruit is tender, then rub through a sieve; return to the pan, add the butter, flour, and cream; stir until it boils, remove from the fire, add the yolks of eggs and the whites stiffly beaten. Bake in moderate oven for twenty minutes. Serve at once.

JULY

FRIDAY

BREAKFAST

Figs †
 Omelet with Greens *
 Toast *
 Milk †
 Marmalade †
 Coffee *

LUNCHEON

Fillet of Sole and Oysters au Gratin *
Cantaloupe Salad ‡
Biscuits *
Peach Ice ‡

DINNER

Clam Chowder *
Young Onions †
Sautéed Salmon Steak *
Leek Tips, Egg Sauce †
Baked Sweet Potatoes †
Orange Salad †
Strawberry Shortcake * †

OMELET WITH GREENS

To four eggs in a bowl add, all very thinly chopped, one tablespoonful of parsley, one teaspoonful of chive and, if available, a tarragon leaf and a sprig of chervil. Add salt and pepper as needed and a teaspoonful of water, beat one minute and let stand one half hour before making omelet. If chive not at hand, simmer for a few minutes, in a little melted butter, a very thinly chopped shallot and add it to the eggs before making omelet.

FILLET OF SOLE AND OYSTERS AU GRATIN

Take six fillets of sole of suitable size and shape, or one for each service. Arrange fillets, folded, in a buttered glass oven gratin dish, pointed ends downward, fastened with buttered toothpicks. On each pointed end place a parboiled oyster. Dredge with salt and pepper, and add a tomato sauce to barely cover. Dredge over grated Parmesan and Gruyere cheese mixed, sprinkle buttered crumbs on top and bake in a moderate oven about thirty minutes. Serve on same dish.

Each rolled fillet may be cooked as above in individual ramequins or cocottes, dividing ingredients and sauce between them.

PEACH ICE

Two cupfuls crushed peaches, two cupfuls sugar, two cupfuls water, one cupful orange juice, one-half cupful lemon juice.

Mix the peach pulp and sugar and let stand for fifteen minutes. Add all the rest of the ingredients and pour into a cooled, well-sterilized freezer. Freeze until stiff, drain off all the water and remove the dasher from the freezer. Carefully re-pack and allow to stand for one hour.

SAUTED SALMON STEAK

Wipe salmon steak between towels, dredge with salt and pepper and roll in granulated corn meal. Put a slice of salt pork, diced in a frying pan, over a moderate fire. Fry out fat and remove scraps; then saute the steak in the hot fat, turning over as needed till slightly golden colored. Finish by baking in a moderate oven about seven minutes. Serve with a tartar sauce.

LEEK TIPS, EGG SAUCE

Prepare, wash, soak and rinse eighteen leek tips of uniform size. Turn into rapidly boiling water, bring quickly to a boil, add a teaspoonful of salt and a few drops of lemon juice and boil constantly till tender, or from twenty-five to forty minutes. Drain. Simmer a few minutes in a little melted butter. Arrange the tips on buttered toast or croutons and mask with egg sauce.

JULY

SATURDAY

BREAKFASTCantaloupe †
Coddled Eggs *Toast *
Milk †Rhubarb Butter †
Coffee ***LUNCHEON**Hewes Avocado Salad † *
Cheese Biscuits *
Fresh Plum Pie *
Iced Tea ***DINNER**Fruit Cocktail †
Olives †
Stuffed Round Steak *
Green Corn *
Hashed Brown Potatoes †
Sliced Tomatoes †
French Dressing †
Peach Flan * †

Milk †

Coffee *

RHUBARB BUTTER

Peel and chop fine four quarts of fine red rhubarb, place in a preserving kettle with the grated rind and chopped pulp of three oranges, the grated rind and chopped pulp of one lemon, one pound of finely chopped seeded raisins, and two pounds of sugar, heat slowly and cook until smooth, about one and a quarter hours. Pour into hot jars and seal.

HEWES SALAD

Peel a pound of avocado, cut in strips and cut the strips in dice; place the avocado dice in a cold bowl that has been rubbed with a clove of crushed garlic and mix with them two peeled and diced tomatoes, the chopped whites of three hard-boiled eggs, and two peeled and diced cold cooked beets, add two-thirds of a cupful of lemon French dressing, mix lightly and mound on six lettuce-covered plates. Press the yolks of the hard-boiled eggs through a sieve over the salads, sprinkle with finely chopped parsley and serve.

STUFFED STEAK

Have the butcher cut a one-inch slice from the full round of beef, lay on a board, sprinkle over one cupful of dry bread crumbs mixed with one cupful of chopped beef suet, one tablespoonful of chopped onion, one tablespoonful of chopped parsley, one and a half teaspoonfuls of salt, and half a teaspoonful of paprika; roll up tight and tie with strong string. Melt half a cupful of chopped beef suet in an iron pot, roll the steak in flour, place in the pot and turn until nicely browned on all sides. Add boiling water to nearly cover the steak, cover the pot tight and simmer slowly for three hours. Remove the steak to a hot platter, add two tablespoonfuls of flour to the pot, cook ten minutes, add half a cupful of chili sauce and pour over the steak.

PEACH FLAN

Sift one-third of a cupful of sifted flour with one cupful of sugar and one-quarter of a teaspoonful of nutmeg; rub into these four tablespoonfuls of butter. Line a deep pie pan with a short pie pastry, sprinkle over the bottom half of the flour and sugar mixtures, cover with peeled, stoned, and halved peaches, cut side down. Sprinkle over these four tablespoonfuls of water, add the remaining sugar and flour mixture and bake thirty minutes in a hot oven.

JULY

SUNDAY

BREAKFAST

Raspberries and Cream ‡

Eggs Swiss *

Hawaiian Preserves ‡

Toast *

Milk ‡

Coffee *

PICNIC LUNCH

Cold Fried Chicken *

American Salad ‡

French Tuna Sandwich *

Olives ‡

Pickles ‡

SUPPER

Cheese Sandwich *

Ham and Egg Sandwich *

Cherry Turnover *

Hilo Punch ‡

EGGS SWISS

Grate half a pound of Swiss cheese and mix eight slightly beaten eggs with half a cupful of cream, two teaspoonfuls of finely chopped parsley and a seasoning of salt and paprika. Melt two teaspoonfuls of butter in a frying pan, pour in the mixture and stir and cook slowly until soft and creamy. Serve on squares of buttered toast.

HAWAIIAN PRESERVES

Wash and stem one quart of currants, remove the stem and stones from one quart of cherries, pick over and clean one quart of raspberries, peel and cut in shreds one ripe pineapple or use four cupfuls of shredded canned pineapple, cut two unpeeled oranges in small pieces and mix all with one pound of seedless raisins; measure into a preserving kettle, set over a slow fire and simmer for one hour, stirring often; add an equal amount of sugar and simmer until thick. Pack in hot jars and seal.

AMERICAN SALAD

Mix in a cold bowl that has been rubbed with a clove of crushed garlic one and half cupfuls of cooked peas, three-quarters of a cupful of peeled and diced cucumbers, one chopped pimiento, one chopped sweet green pepper, one teaspoonful of chopped parsley, a seasoning of salt and paprika, and one cupful of cooked mayonnaise. Pack in paper water cups, cover with a lettuce leaf and wrap in waxed paper.

FRENCH TUNA SANDWICH

Finely shred two cupfuls of canned tuna and mix with two finely chopped hard-boiled eggs, two tablespoonfuls of chopped capers and enough lemon mayonnaise to make a paste. Spread on slices of buttered bread, sprinkle with finely chopped watercress, cover with a slice of buttered bread and wrap in waxed paper.

CHEESE SANDWICH

Beat half a cupful of butter to a cream and mix to a smooth paste with one cupful of finely grated American cheese, half a teaspoonful of salt, half a teaspoonful of paprika, one teaspoonful of mustard, four teaspoonfuls of finely chopped olives, one tablespoonful of lemon juice and one tablespoonful of anchovy paste. Spread on slices of whole wheat bread and wrap in waxed paper.

HAM AND EGG SANDWICH

Mix two cupfuls of finely chopped cooked ham with three finely chopped hard-boiled eggs, a seasoning of salt and paprika, and enough mayonnaise to spread. Spread on slices of buttered whole wheat bread and put two slices together. Wrap in waxed paper.

JULY

MONDAY

BREAKFAST

Cantaloupes ‡
Panama Eggs *
Toast * Ripe Tomato Conserve ‡
Milk ‡ Coffee *

LUNCHEON

Lamb Steaks *
Vegetable, Nicoise Dressing ‡
Almond Paste Cakes * ‡
Iced Tea *

DINNER

Avocado Cocktail ‡
Olives ‡
Spiced Hare *
Carrots and Turnips ‡ Mashed Potato ‡
Lettuce, French Dressing ‡
Peach Cream Pudding *
Coffee *

PANAMA EGGS

Put into an omelet pan two tablespoonfuls of butter, add two tablespoonfuls of green pepper cut in small pieces, two tablespoonfuls of shredded olives, one tablespoonful of chopped sweet pickle, two-thirds teaspoonful each of finely cut chives and parsley. Beat four eggs until light, add four tablespoonfuls of water either cold or hot, one-half teaspoonful each of salt and paprika, and the seasonings previously cooked. Into the same omelet pan put two tablespoonfuls of olive oil, butter if preferred, and when hot, add mixture and cook as a French omelet. Two tablespoonfuls of tomato pulp cut in small pieces are an improvement.

RIPE TOMATO CONSERVE

Peel the tomatoes, press them and throw away as much as possible of the seeds and juice.

To seven pounds of the firm fruit add five pounds of sugar and cook slowly together for about two hours. Just before it is done, add four washed lemons cut up fine. Reject the seeds.

Skim out the tomatoes and boil down the syrup.

When thick pour it over the fruit and seal in sterilized jars.

ALMOND PASTE CAKES

Cream two tablespoonfuls of butter, add one-fourth cupful of powdered sugar, and work into this one-quarter pound of almond paste. Then add the yolks of four eggs, which have been beaten until thick and lemon colored, one-fourth cupful of blanched and finely chopped almonds and one teaspoonful vanilla. Dissolve one-eighth teaspoonful of soda in one tablespoonful of milk and add to the first mixture with three-fourths cupful of pastry flour. Chill in ice box an hour or more. Roll out a small portion at a time, cut into pieces three and one-half to four inches long and one inch wide. Transfer with spatula to buttered baking sheet. Straighten edges by pressing spatula against the sides. Bake in a moderate oven. When cold, ice with pistachio fondant. Before icing hardens, sprinkle over it blanched and chopped pistachio nuts. Makes eighteen cakes.

LAMB STEAKS

Cut slices from the leg, one-fourth inch thick, and fry in butter in hot frying pan until brown. The slices are so thin that when they are browned they are cooked. Remove to a hot platter on which have been sprinkled salt, pepper, and dots of butter. Dress the top of the steaks with salt, pepper, and butter.

AVOCADO COCKTAIL

Cut the avocado in halves, remove stone, peel, and cut the pulp in half-inch cubes. Sprinkle with the juice of fresh limes and chill. Have the same amount of orange pulp broken in pieces the same size as the avocado, and the juice of the orange. Sprinkle orange lightly with powdered sugar and chill. When ready to serve, combine mixtures and fill serving glasses, stirring as little as possible.

JULY

TUESDAY

BREAKFAST

	Sliced Bananas ‡	
	Eggs au Gratin *	
Toast *		Honey ‡
Milk ‡		Coffee *

LUNCHEON

Calf's Liver en Brochette *
Straw Fried Potatoes ‡
Marrow and Tomato Salad ‡
Mocha Cake *

DINNER

	Cream of Lima Beans ‡	
	Olives ‡	
	Ribs of Beef, au Jus *	
Cauliflower ‡		Browned Potatoes ‡
	Carrot Salad ‡	
	Orange Souffle *	
Milk ‡		Coffee *

EGGS AU GRATIN

For each person to be served butter a shirred egg dish, drop in two whole eggs and place in the oven until barely set; cover with a tablespoonful of cream sauce, sprinkle with grated cheese and sifted bread crumbs and brown.

CALF'S LIVER BROCHETTE

Cut calf's liver into pieces one and a quarter inches square and one-quarter-inch thick; place in a bowl, cover with boiling water, let stand three minutes, drain and dry thoroughly between towels. Place the liver in a bowl, add two tablespoonfuls of melted butter and let stand five minutes. Cut thin slices of bacon in the same size pieces. Take as many pointed meat skewers as there are persons to be served, pierce alternate pieces of bacon, and liver with the sharp point, using six slices of each on one skewer; press together, roll in melted butter and bread crumbs and place on a rack in a hot oven; cook eight minutes. Arrange on slices of buttered toast and pour over melted butter mixed with a few drops of lemon juice.

MARROW AND TOMATO SALAD

Peel thinly a firm vegetable marrow, cut in half, remove the seeds and cook in salted water until tender, not too soft. Drain, cool, and cut in even-sized thin slices. Peel and chill about four tomatoes, cut in slices and place alternate slices of the chilled marrow and tomatoes on a bed of shredded lettuce and endive; cover with French dressing and serve very cold.

COFFEE FROSTING

Place in a saucepan six tablespoonfuls of strong, black coffee, two-thirds of a cupful of sugar, and four tablespoonfuls of water; boil one minute and stir in enough confectioners' sugar to make thick enough to spread and one teaspoonful of vanilla extract. This should be spread while warm.

ORANGE SOUFFLE

Cut the tops from six oranges leaving an opening about one and a half inches in diameter; remove the insides and fill one-third full with a mixture of equal parts of oranges, pineapple, apple and broken nut meats. Fill another third with vanilla ice cream. Beat the whites of six eggs until stiff and gradually beat into them one cupful of sugar and the grated rind of one orange and fill the other third of the orange with it. Place in a hot oven for a few seconds and serve at once.

JULY

WEDNESDAY

BREAKFAST

	Honeydew ‡	
	Bacon and Eggs *	
Toast *		Jam ‡
Milk ‡		Coffee *

LUNCHEON

Sea Pie * ‡
Vegetable Salad ‡
Windsor Peaches ‡ *
Iced Tea *

DINNER

	Puree of Cucumbers ‡	
	Boiled Calves' Tongues *	
Boiled Spinach ‡		Mashed Potatoes ‡
	Tomato Salad ‡	
Milk ‡	Almond Pudding * ‡	Coffee *

SEA PIE

One pound lean beef, one carrot, one turnip, two onions, one-half tablespoonful of mushroom catchup, salt and pepper to taste, two cupfuls of warm water or stock, two cupfuls of flour, one cupful of chopped suet, one teaspoonful of baking powder.

Wipe and trim the meat, and cut it into small neat pieces. Prepare the vegetables and slice them. Put a layer of the vegetables into a shallow stewpan, then the meat and the remainder of the vegetables on top. Season well with salt and pepper, add the catchup and the water or stock. Cover and stew slowly for thirty minutes.

Mix the flour with the suet, add the baking powder and a pinch of salt and mix well. Make this into a stiffish paste with cold water; roll it out into a round cake the size of the stewpan, and put it on the top of the meat and vegetables. Continue the stewing until the meat is quite tender, and the vegetables and pastry well cooked.

WINDSOR PEACHES

Six three-inch circles of sponge cake, half an inch thick, six halves of fresh peaches, one-half cupful of seeded chopped dates, one-third cupful chopped nuts, two level tablespoonfuls of jelly, two egg whites, one-fourth cupful of sugar.

Place the circles of sponge cake upon a greased baking sheet. Place the peaches, open side up on top of the cake. Mix the dates, nuts and jelly and fill the peach cavities with this mixture.

Beat the egg whites stiff, add all the sugar, and extract. Beat for one minute. Cover the peaches with the egg white mixture. Set in a moderate oven for five minutes or until the meringue is light brown.

PUREE OF CUCUMBERS

Peel, slice and parboil six cucumbers. Cool, drain and fry in butter. Season with salt, pepper and nutmeg. Dredge with four tablespoonfuls of flour, add two quarts of milk and one quart of veal stock, and cook fifteen minutes, stirring constantly. Rub through a sieve, reheat, add one cupful of boiling cream, season with sugar and melted butter, and serve very hot with croutons.

ALMOND PUDDING

See page 354

JULY

THURSDAY

BREAKFASTOrange and Strawberries ‡
Savoury Omelet *Toast *
Milk ‡Jelly ‡
Coffee ***LUNCHEON**Asparagus Tips Italian ‡
Hot Rolls *Sponge Cake a la Mode *
Milk ‡

Tea *

DINNERTomato Consomme * ‡
Radishes ‡
Baked Short Ribs of Beef *
String Beans ‡
Browned Potatoes ‡
Watercress Salad ‡
Peach Short Cake * ‡

Milk ‡

Coffee *

SAVOURY OMELET

Beat the yolks of six eggs until light and beat into them one and a half tablespoonfuls of cream, a seasoning of salt and paprika, two teaspoonfuls of finely chopped parsley and the white part of two young onions finely chopped. Beat the whites of six eggs to a stiff froth and fold in the yolk mixture. Heat two tablespoonfuls of butter in a large omelet pan, pour in the mixture, stir from the bottom and sides of the pan with a spatula until half set, place the pan in the oven until lightly set, slide half out on a hot platter and fold over. Pour around a good tomato sauce and serve hot.

ASPARAGUS TIPS ITALIAN

Cut 100 tips from fresh asparagus two inches long and half cook them in boiling salted water; drain, cover with melted butter, place in a shallow baking pan, cover with good, clear gravy and finish cooking in a moderate oven. Boil twelve eggs for eight minutes, remove the shells, and keep warm in hot water. Make a mound of seasoned mashed potatoes on a hot platter two inches high, set the cooked asparagus tips, tip-end up, around it, stand the cooked eggs upright around the tips and pour a good cream sauce over them; sprinkle with chopped parsley and paprika and serve hot.

SPONGE CAKE A LA MODE

Bake sponge cake batter in six large muffin tins or use the special cake pans for cup-shaped molds. Cool, remove the centers if the muffin pans were used, fill with vanilla ice cream and pour over chocolate sauce.

CHOCOLATE SAUCE

Mix in the top of a double-boiler one cupful of sugar, three squares of grated chocolate, one tablespoonful of corn-starch, a few grains of salt and one cupful of water; stir and cook until thick and creamy, add one teaspoonful of vanilla extract. Can be used hot or cold.

PEACH SHORT CAKE

Sift three cupfuls of sifted flour with six level teaspoonfuls of baking powder; half a teaspoonful of salt, and four tablespoonfuls of sugar; rub into these six tablespoonfuls of butter and when like coarse meal work to a smooth dough with one beaten egg and a cupful of milk. Divide into two equal parts, place in two buttered layer cake tins. Pat one smooth, brush with melted butter and bake in a hot oven. Cover one layer with sliced canned peaches or fresh peaches, cover with the other layer, cover with sliced peaches, sprinkle with sugar and serve with orange custard sauce or cream.

JULY

FRIDAY

BREAKFAST

Sliced Peaches with Cream †
 Eggs Poached in Tomatoes * †
 Toast * Grape Conserve †
 Milk † Coffee *

LUNCHEON

Halibut in Lemon Sauce *
 Beet and Pepper Salad †
 Marmalade Parfait †
 Tea *

DINNER

Strawberry Soup †
 Radishes †
 Parisian Salmon *
 Green Peas † Mashed Potatoes †
 Cabbage Salad †
 Orange Bombe Glace † *
 Coffee *

EGGS POACHED IN TOMATOES

Stew slowly for ten minutes half a can of tomatoes and one small onion, cut fine. Season highly with salt and pepper and butter. Break six eggs into a bowl without beating, and when everything else is ready to serve slip them into the hot tomatoes. Lift the white carefully with a fork as it cooks, until it is all firm; then prick the yolks and let them mix with the tomato and white. The mixture should be quite soft, but with the red tomatoes, the white and yellow of the egg quite distinct. Serve at once on toast.

HALIBUT IN LEMON SAUCE

Three pounds of halibut, cut into pieces, four inches long and one inch thick, two onions, medium size, sliced thin, two cupfuls of water, three tablespoonfuls of oil, one tablespoonful each of ground ginger and mace and one-eighth teaspoonful of red pepper dissolved in one cupful of boiling water, one cupful of strained lemon juice, three tablespoonfuls of flour, two tablespoonfuls of chopped parsley, three eggs, one-half cupful of canned tomatoes. Wash the fish, then salt it, let it stand for two hours; take the water, onions, and oil, and boil until the onions are cooked, then pour this into a bowl. Put the fish in a sauce pan, pour the onion mixture over the fish, also the dissolved spices and tomatoes; boil until the fish is cooked. Beat the eggs and flour together, then add the lemon juice, pour a little of the gravy that is on the fish into this, beat well so that the eggs will not curdle, pour this on the fish and let it simmer for a few minutes, place the fish on a platter and the sauce in a gravy bowl.

STRAWBERRY SOUP

Hull one quart of strawberries and set aside one cupful of the finest ones. Sprinkle the rest with two cupfuls of sugar, add one cupful of cold water, mash fine and let stand for two hours. Rub through a fine sieve, add a quart of cider and the juice of half a lemon and set on ice for three hours. Add the whole strawberries and serve in sherbet cups.

PARISIAN SALMON

The salmon should be cut, if possible, from the middle of the fish in rather thick slices. After it is washed and dried, wrap it securely in cheese cloth and let it simmer until tender in soup stock, to which have been added a bay leaf, two chopped onions, a stalk of celery, one diced carrot and some parsley, then drain and place on a hot platter, pouring over the following sauce: Place in the upper part of the double boiler a cupful of milk, adding when hot half a teaspoonful of meat extract, salt and celery salt to taste and a tablespoonful of cornstarch dissolved in a little cold water; be sure the sauce boils at least twice and then stir in a cupful of asparagus tips. Serve garnished with a border of mashed potatoes and a tiny circle of green peas.

JULY

SATURDAY

BREAKFAST

Iced Melon †
 Shirred Eggs with Minced Bacon *
 Toast * Plum Jelly *
 Milk † Coffee *

LUNCHEON

Creamed Lamb on Toast *
 Chicory Salad †
 Peach Turnovers *
 Orange Cup †

DINNER

Canape Russe *
 Celery †
 Salimi of Belgian Hare *
 Fried Egg Plant †
 Baked Potatoes †
 Orange and Nut Salad †
 Strawberry Tart *
 Milk † Coffee *

CREAMED LAMB

Melt two tablespoonfuls of butter in a saucepan, add two tablespoonfuls of sifted flour, stir until smooth, beat in one cupful of milk and stir and cook seven minutes; add two cupfuls of cooked and diced lamb, two diced hard-boiled eggs, one teaspoonful of Worcestershire sauce, and a seasoning of salt and paprika. Heat and pour over squares of buttered toast.

PEACH TURNOVER

Roll out rich pie pastry half an inch thick and cut in rounds the size of a breakfast saucer; cover half of each round with half a cupful of sliced peaches mixed with one tablespoonful of sugar and a few drops of lemon juice. Wet the edge of the pastry with egg white, fold over, press together, sprinkle with powdered sugar and bake in moderate oven.

CANAPE RUSSE

Cut six slices of bread half an inch thick, cut in rounds and remove part of the centers leaving the bottom whole. Fry a nice brown in hot olive oil, fill the centers with caviare, cover the edges with a mixture made by rubbing smooth two tablespoonfuls of butter, three tablespoonfuls of spinach puree, one boned anchovy, one teaspoonful of chopped capers, and a seasoning of salt and paprika. Cover the butter mixture with finely chopped onion and cover the caviare with hard-boiled egg yolk pressed through a sieve. Place a small paper doily on a small plate, place a canape on the doily, and garnish with slices of lemon.

BELGIAN HARE SALIMI

Cut a cleaned Belgian hare into twelve even-sized pieces, place in a baking pan, add one finely chopped onion, one finely chopped stalk of celery, two whole cloves, one half of a bay leaf, and mix in two tablespoonfuls of olive oil; cook thirty minutes, lift out the hare onto a hot platter; add to the pan two tablespoonfuls of butter and two tablespoonfuls of flour; stir until a nice brown, add two cupfuls of hot water, cook and stir until smooth, add the hare, one tablespoonful of Worcestershire sauce, one tablespoonful of capers, and one cupful of ripe olives. Cover the pan tight and simmer thirty minutes. Lift out the hare onto a hot platter, strain over the sauce, garnish with the olives and sprinkle with chopped parsley.

STRAWBERRY TART

Sift two cupfuls of sifted flour with a half teaspoonful of salt and one tablespoonful of sugar; chop into these three-quarters of a cupful of butter, add two well-beaten egg yolks and enough ice water to make a paste that is not very stiff. Roll out and fold three times, wrap in a napkin, place on a dry plate and set on the ice for three hours. Roll out one-quarter of an inch thick, lay in a deep pie dish; let it shrink to the form of the dish without pressing; cut around one inch from the edge, fold under so as to form a twisted edge; prick the bottom with a fork, line with a piece of thin paper, fill with dry beans or rice, brush the edge with beaten egg and bake in moderate oven. Cool, fill with hulled strawberries, sprinkle with sugar and cover with whipped cream.

JULY

SUNDAY

BREAKFAST

Strawberries ‡
Eggs and Bacon *
Waffles *
Milk ‡
Honey ‡
Coffee *

DINNER

Creole Soup *
Salted Nuts ‡
Roast of Lamb, Plum Jelly *
Egg Plant Antonio ‡
Zebra Salad ‡
Mashed Potatoes ‡
Peach Betty ‡ *

Coffee *

SUPPER

Ribbon Sandwich *
Cheese Cake *
Coffee *

ROAST OF LAMB

Take the hind quarter, rub with ginger, pepper and salt. Score the meat near the shank, insert a boquet of parsley and two onions unpeeled, then lard with two or three strips of pork. In one corner of the pan put a clove of garlic and the rind of a piece of rye bread two inches in size with enough water to cover the bottom of roasting pan. Bake in hot oven three hours, basting often.

EGGPLANT, ANTONIO

One medium sized eggplant, one egg, one-quarter cupful flour, one small onion, one-half teaspoonful salt, milk to moisten, one-half teaspoonful baking powder.

Peel and boil eggplant until tender. Drain very dry and mash fine. Season with pepper, salt, onion and nutmeg, add flour and baking powder, and a little milk to moisten. Drop into hot butter from tablespoon and fry brown. Test out and if batter does not hold together add a little cracker crumbs or more flour.

ZEBRA SALAD

Seed two green peppers, boil two or three minutes, then cut in shreds. Shred the dark and light leaves of a head of lettuce or endive separately; cut three tomatoes in shreds, remove the peel and skin from one large grapefruit. Arrange each article separately upon the serving plate, having a circle of light and then dark green material around the edge, and pour over French dressing.

PEACH BETTY

Three cupfuls soft bread crumbs, one-half cupful melted butter, three-quarters of a cupful granulated sugar, three cupfuls sliced peaches, one teaspoonful cinnamon, one orange rind.

Use soft crumbs from center of a stale loaf of bread. Mix with the melted butter. Have the fruit ready and put buttered crumbs into a baking dish, using fruit in alternate layers. That is fruit and bread crumbs. Sprinkle each layer with sugar, cinnamon and grated rind of the orange. Bake about an hour, keeping the dish covered for the first half-hour, remove the cover the last half, allowing the crumbs to brown. Serve hot, with sugar and cream.

JULY

MONDAY

BREAKFAST

Raspberries and Cream †
 Eggs Al Pomodoro *
 Toast * Apricot and Plum Jam †
 Milk † Coffee *

LUNCHEON

Shrimp Salad *
 Bread and Butter Sandwiches *
 Pineapple Blanc Mange †
 Iced Tea *

DINNER

Fruit Cocktail †
 Celery Sticks †
 Baked Filet of Halibut *
 Creamed Carrots † Belgian Potatoes †
 Cucumber Salad †
 Strawberry Shortcake * †
 Milk † Coffee *

EGGS AL POMODORO

Place in an omelet pan two tablespoonfuls of olive oil, add a thin shaving of garlic, one small, thinly sliced onion and one seeded and chopped green pepper; fry until the vegetables are soft, not brown, add four peeled and sliced tomatoes, cover and simmer thirty minutes. Add a seasoning of salt and pepper, six eggs beaten slightly, and one tablespoonful of grated Parmesan cheese. Stir and cook until creamy, but not dry, turn out on a hot platter and garnish with toast points, fried a nice brown in hot olive oil.

APRICOT AND PLUM JAM

See page 139

SHRIMP SALAD

Mix two cupfuls of cooked and peeled shrimps with one cupful of peeled and diced celery, one cupful of peeled and diced cucumbers, two chopped hard-boiled eggs, two tablespoonfuls of chopped capers, one chopped pimienta, one chopped, seeded green pepper, one teaspoonful of salt and one cupful of mayonnaise dressing. Mound on lettuce-covered plates and garnish with finely chopped parsley and ripe olives.

PINEAPPLE BLANC MANGE

Mix three tablespoonfuls of corn starch with three tablespoonfuls of sugar and half a cupful of milk. Scald one and a half cupfuls of milk in a double boiler and gradually stir in the mixture; place the top part of the double boiler over the fire and stir and cook until the mixture is thick and smooth; return to the hot-water bath, cover and cook forty minutes; remove from the fire, add a few grains of salt and half a teaspoonful of orange extract. Let stand in a cool place and when it starts to set stir in one cupful of diced pineapple. Pour into wet molds and set on the ice for one hour. Unmold and serve with a jelly sauce.

BELGIAN POTATOES

See page 139

JULY

TUESDAY

BREAKFAST

Honey Dew Melon ‡
 Rolled Oats and Cream *
 Coddled Eggs *

Toast *
 Milk ‡
 Preserves ‡
 Coffee *

LUNCHEON

Fried Blood Pudding *
 Hearts of Lettuce ‡
 Sour Cream Dressing ‡
 Glazed Bananas ‡

Milk ‡
 Tea *

DINNER

Cream of Spinach ‡
 Tongue and Ham Loaf *
 Kohl-Rabi ‡
 Lettuce ‡
 Mashed Potatoes ‡
 Chiffonade Dressing *
 Danish Pudding *

Milk ‡
 Coffee *

GLAZED BANANAS

In a saucepan place two tablespoons of butter, one tablespoon of water, and two tablespoons of lemon juice; heat and add four tablespoons of sugar and stir until the sugar is dissolved. Peel six bananas, cut in halves lengthwise and cut the halves in two crosswise; place in a buttered baking dish and bake twenty minutes in a moderate oven, basting every four minutes with a little of the syrup. Place the bananas on squares of buttered toast. To the syrup in the pan add three tablespoons of hot water and stir from the bottom until boiling; pour over the bananas and let stand a few minutes before serving.

TONGUE AND HAM LOAF

Mix two cups of chopped ham with two cups of chopped cooked tongue, two cups of bread crumbs, a seasoning of salt, pepper, mace and ginger, two slightly beaten eggs, one chopped pimento, and one tablespoon of butter, mix well and add enough water to make a stiff mixture. Place in a loaf pan, cover with thin strips of bacon and bake forty minutes in a moderate oven. Unmold on a hot platter, cover with tomato sauce and garnish with ripe olives.

CHIFFONADE DRESSING

Mix in a bowl rubbed with a clove of garlic two tablespoons of chopped cooked beets, two tablespoons of chopped green pepper, two tablespoons of chopped pimentos, one chopped hard-boiled egg, one teaspoon of chopped chives, and half a cup of French dressing.

DANISH PUDDING

Mix two cups of bread crumbs with two cups of sugar, the grated rind and juice of two lemons, half a cup of melted butter, four well beaten eggs, and one cup of seedless raisins. Mix well and pour into a buttered baking pan and bake in a medium oven until nicely browned. Serve with orange sauce.

ORANGE SAUCE

Place in a double boiler half a cup of milk, two level tablespoons of sugar, and the yolks of two eggs, beat well, add one tablespoon of grated lemon rind, half a cup of orange juice and whip over the fire until frothy. Serve as soon as removed from the fire.

JULY

WEDNESDAY

BREAKFAST

Baked Apple with Cream †
 Bacon and Eggs *
 Pear and Lemon Marmalade †
 Toast *
 Milk †
 Coffee *

LUNCHEON

Tripe, Mexican *
 Chicory Salad †
 Fresh Grape Pie * †
 Iced Coffee *

DINNER

Fruit Cocktail †
 Celery Sticks †
 Stuffed Shoulder of Veal *
 Spinach, Italian †
 Mashed Potatoes †
 Garden Salad †
 Peach Cup, Burlingame †
 Milk †
 Coffee *

PEAR AND LEMON MARMALADE

Slice one pound of lemons very thin, remove all seeds, place in a bowl and cover with six cupfuls of water; let stand over night and the next morning pour into a saucepan and simmer until the lemons are tender. Measure the cooked lemons into a clean saucepan and to each cup of the cooked fruit add one cupful of peeled and sliced pears and one cupful of sugar; boil until the pears are clear and a little of the syrup dropped on a cold plate will jell. Pour into hot jars and seal.

TRIPE, MEXICAN

Roll a pound of sausage meat into twelve small balls, roll the balls in flour and brown well in hot olive oil. Boil one pound of cleaned, fresh tripe, until tender, cut in squares, dust with flour and brown lightly in hot olive oil. Place in the pan that the sausage balls were fried in one finely chopped clove of garlic, and one chopped onion; fry until lightly browned, add two cupfuls of tomatoes, one chopped green pepper, one chopped pimiento, one teaspoonful of Spanish seasoning, and a seasoning of salt and pepper; simmer thirty minutes. Pile the sausage balls in the center of a hot platter, place around the cooked tripe and pour over all the sauce.

PULLED BREAD

Remove the crusts from a loaf of fresh baked bread and with two forks pull the bread into pieces about as long as a finger and twice as wide. Cover a shallow baking pan with a piece of paper, set on the pieces of bread, set in moderate oven, leaving the door open until the bread is dry all the way through. Close the door and bake until lightly browned.

SHOULDER OF VEAL

Have the butcher remove the blade from a shoulder of veal and fill the pocket left with a dressing made by mixing two cups of bread crumbs with half a cupful of finely chopped salt pork, half a teaspoonful of thyme, half a teaspoonful of marjoram, four tablespoonfuls of orange juice, one beaten egg, and a seasoning of salt and pepper. Sew up the opening, press and tie into a nice shape. Place in a baking pan, the bottom covered with one sliced carrot, one sliced onion, two branches of parsley, one bay leaf, two whole cloves, and two stalks of chopped celery; cover the top of the roast with strips of salt pork, set in a hot oven for fifteen minutes, reduce the heat and bake twenty-five minutes to the pound, basting often, baste the first two times with two tablespoonfuls of butter dissolved in two-thirds of a cupful of boiling water.

PEACH CUP, BURLINGAME

For each person to be served place a half of a peach, that has been poached in vanilla syrup until tender and cooled, in a champagne glass, cover with vanilla ice cream, cover the ice cream with a sauce made by melting twelve marshmallows in double boiler and beating into a cup of sweetened whipped cream. Sprinkle with chopped nut meats and top with a cherry.

JULY

THURSDAY

BREAKFAST

Sliced Peaches and Cream †
 Toast * Plum Jam *
 Coddled Eggs *
 Milk † Coffee *

LUNCHEON

Shrimps, Mexican *
 Lettuce, French Dressing †
 Strawberry Souffle * †
 Grape Juice Cup †

DINNER

Antipasto *
 Olives †
 Hungarian Goulash *
 Spinach † Buttered Noodles †
 Watercress Salad †
 Compote of Cherries †
 Sour Cream Cookies *
 Milk † Coffee *

PLUM JAM

Barely cover five pounds of washed, split, and pitted plums with cold water and cook until the skins break; rub through a sieve, measure and add to them an equal amount of sugar; return to the fire and boil and stir for fifteen minutes. Pack in clean hot glasses, seal and store in a cool, dark, dry place.

SHRIMPS, MEXICAN

Place in a saucepan four tablespoonfuls of butter and one finely chopped clove of garlic; heat well and add two cupfuls cleaned shrimps mixed with two level teaspoons of chili powder, stir in two cupfuls of milk and simmer ten minutes; add four tablespoonfuls of chili sauce, set in a warm place until served. Pour over slices of buttered toast and sprinkle with finely-chopped parsley.

STRAWBERRY SOUFFLE

Set a small bowl in a pan of cracked ice and place in the bowl two-thirds of a cupful of strawberry preserves, four tablespoonfuls of sifted powdered sugar, one tablespoon of orange juice, and the yolks of two eggs; beat hard with a slit wooden spoon for ten minutes; fold in the stiffly beaten whites of two eggs, pour into a lightly buttered and sugared souffle dish, sprinkle with sugar and set in a moderate oven twenty minutes. Serve as soon as removed from the oven.

GRAPE JUICE CUP

Fill a two-quart glass pitcher one-third full with cracked ice, add to the pitcher five stalks of well washed and dried mint, one long slice of cucumber rind, five cupfuls of grape juice, one bottle of ginger ale and one diced orange. Mix well and let stand ten minutes before serving.

HUNGARIAN GOULASH

Heat two tablespoonfuls of lard in a saucepan, add two pounds of lean beef cut in one-inch squares, one teaspoon of salt, and half a teaspoonful of paprika; stir until the meat is lightly browned then add one peeled and sliced small carrot and one chopped onion; mix well and cook three minutes; stir in two tablespoonfuls of flour, mix well, add one cupful of hot water, half a cup of strained tomatoes, and half a cup of cider or sharp grape juice. Place in a small cheese cloth bag twelve allspice, one bay leaf, two cloves, and one-quarter of a teaspoonful of thyme; add the bag to the stew with two peeled and diced potatoes and cover the pan and simmer for thirty minutes. Add one tablespoon of finely-chopped parsley and one clove of finely-chopped garlic; cover the pan and simmer twenty minutes. Serve in a deep dish with buttered noodles.

JULY

FRIDAY

BREAKFAST

Raspberries and Cream ‡
 Scrambled Eggs, Molet *
 Toasted Raisin Bread *
 Milk ‡
 Jam ‡
 Coffee *

LUNCHEON

Sand Dabs, Tartare *
 Chip Potatoes ‡
 Lettuce, Tango Dressing ‡
 Currant Ice ‡
 Milk ‡
 Kisses *
 Tea *

DINNER

Crab Cocktail *
 Spiced Pickles ‡
 Poached Albacore, Oyster Sauce *
 Wax Beans ‡
 Parsley Potatoes ‡
 Pickled Beet Salad ‡
 Fresh Figs and Cream ‡
 Milk ‡
 Sponge Cake *
 Coffee *

SCRAMBLED EGGS, MOLET

Drop two eggs for each person to be served into boiling water for five minutes; remove the eggs and cut off the tops. Heat two tablespoonfuls of butter in a saucepan for six servings and scoop out the eggs into the hot butter, add three tablespoonfuls of cream and a seasoning of salt and pepper; stir lightly and cook two minutes. Serve on squares of butter toast.

SAND DABS

Remove the head, tails and fins from six small sand dabs, wash well and drain. Dip in salted milk, cover with sifted bread crumbs, lay in an oiled baking pan, sprinkle with olive oil and bake in a hot oven eight minutes. Remove carefully to a hot platter, garnish with lemon slices and parsley, and serve tartare sauce.

TANGO DRESSING

Mix in a cold bowl that has been rubbed with a clove of crushed garlic half a cupful of olive oil, one and a half tablespoonfuls of lemon juice, half a teaspoonful of dry mustard, one-third of a teaspoonful of salt and one-third of a teaspoonful of paprika. Stir until thoroughly blended and add a cupful of chili sauce and two-thirds of a cupful of mayonnaise dressing.

CURRENT ICE

Place in a saucepan one and a quarter cupfuls of sugar and three cupfuls of water, mix well, bring to a boil, skim and boil five minutes. Remove from the fire and cool. Add four tablespoonfuls of lemon juice and two cupfuls of strained, fresh currant juice. Mix well, pour into a freezer, cover, pack with three parts fine ice and one part rock salt and freeze until stiff.

KISSES

Place in a saucepan one-quarter of a cupful of water, one cupful of sugar, and the rind of half a lemon; bring to a boil and boil until a little dropped from the tip of a spoon will spin a thread. Pour the syrup slowly, beating all the time, into the stiffly beaten whites of three eggs and beat until cold. Shape the mixture in small cakes on a baking sheet that has been polished with olive oil and dusted with flour. Let stand in a warm place half an hour, place in a nearly cold oven for fifty minutes or until dry and crusted. Let stand until cold. To remove from the pan warm the pan a little before detaching.

POACHED ALBACORE

Cut servings of albacore in half-inch slices, remove all skin and bone. Drain the liquor from one pint of California oysters, two tablespoonfuls of tomato catsup, one tablespoonful of lemon juice and four tablespoonfuls of butter, place in a shallow pan, heat, add the slices of albacore, cover tight and cook slowly until the fish is cooked. Heat four tablespoonfuls of butter, add five tablespoonfuls of flour, mix smooth, stir in two cupfuls of milk and cook until smooth, add a seasoning of salt and pepper, the drained oysters and the sauce the fish was cooked in. Place the cooked fish on a hot platter, pour over the sauce and sprinkle with chopped parsley.

JULY

SATURDAY

BREAKFAST

Sliced Fresh Figs †
Eggs Scrambled *, with Green Peppers †
Toast * Peach Butter †
Milk † Coffee *

LUNCHEON

Deviled Lamb *
Hearts of Lettuce †
French Dressing †
Cherry Pie * †
Milk † Tea *

DINNER

Melon Cocktail †
Olives †
Roast Loin of Pork *
Carrots Vichy † Mashed Potatoes †
Fruit Salad †
Boston Cream Pie *
Milk † Coffee *

PEACH BUTTER

Place in a preserving kettle ten pounds of peeled and sliced peaches, add to them enough water to just cover and boil, stirring constantly until thick and smooth; add six cupfuls of sugar, one teaspoonful of cinnamon, one teaspoonful of nutmeg and one teaspoonful of cloves; stir and cook until thick as marmalade; pour into hot jars, seal and store in a cool, dry, dark place.

DEVILED LAMB

Mix one tablespoonful of English mustard with three tablespoonfuls of flour, one teaspoonful of olive oil, two teaspoonfuls of vinegar, two beaten eggs and a seasoning of salt and cayenne pepper; beat smooth, dip into it slices of cold cooked lamb and fry a nice brown on both sides in hot butter; lift out onto a hot platter. Heat one cupful of milk and stir into it the remaining batter; stir and cook one minute and pour over the slices of deviled lamb.

MELON COCKTAIL

Mix equal parts of small balls or cubes of watermelon and cantaloupe with orange juice and a few drops of lemon juice; place in the ice box three hours before serving. Serve in tall glasses with an oyster fork.

LOIN OF PORK

Rub a loin of pork with a clove of crushed garlic, place on a rack in a roasting pan, brush with melted butter and add to the pan half a cupful of diced pork fat and two cloves stuck in a small onion; set the pan in a hot oven and bake until a light golden brown, basting every eight minutes; season with salt and pepper and finish baking in a moderate oven until the loin is well done. Remove to a hot platter, skim the grease off the gravy in the pan, add two tablespoonfuls of flour, set the pan on top of the stove and stir until flour is browned, add one cupful of milk and stir and cook five minutes, strain through a sieve into a sauce boat.

CARROTS, POMPADOUR

Wash and scrape a bunch of young carrots, place in a saucepan, cover with boiling water and boil five minutes; drain off the water, cut the carrots in thin match-shaped pieces, place in a saucepan, add half a cupful of thick cream and stew until the carrots start to brown, add half a cupful of hot, thick cream, a seasoning of salt and paprika and cook until the carrots are tender.

FRUIT SALAD

See page 64

JULY

SUNDAY

BREAKFAST

	Turkish Melon ‡	
	Eggs Maryland *	
Waffles *		Honey ‡
Milk ‡		Coffee *

DINNER

	California Oyster Soup *
	Celery Sticks ‡
	Chicken Country Style, Solari *
	Baked Egg Plant ‡
	Mashed Potatoes ‡
	Grapefruit Salad ‡
Brick Ice Cream, Chop Suey ‡	
Milk ‡	Coffee *

SUPPER

	Jellied Ham Loaf *
	Romaine Salad ‡
Whole Wheat Bread Sandwiches *	
Apple Sauce Cake *	
Fruit Cup ‡	

POACHED EGGS MARYLAND

Place two poached eggs in a shirred egg dish for each person to be served, cover with cream sauce, cover with two slices of fried bacon and garnish with a crisp corn fritter.

CHICKEN, SOLARI

For six servings cut three cleaned frying chickens into eight pieces each, season with salt and cover with cold milk; let stand fifteen minutes, drain, and roll in sifted flour. Heat half a cupful of butter in a baking pan, lay in the pieces of chicken, place in the oven and cook slowly until a nice brown on all sides, turning often. Lift out the chicken to a hot platter. Add two cupfuls of cream to the gravy with half a teaspoonful of paprika, mix well, cook ten minutes or until thick and strain over the cooked chicken. Don't use flour and milk in place of the cream.

CHOP SUEY SAUCE

Mix in a saucepan, half a cupful of chopped seeded raisins, half a cupful of chopped dried figs, half a cupful of sugar, and one cupful of water; bring slowly to a boil and simmer ten minutes. Remove from the fire, add half a cupful of finely chopped nut meats, cool and serve over slices of brick ice cream.

JELLIED HAM LOAF

Soak two tablespoonfuls of granulated gelatine in one-third of a cupful of cold water fifteen minutes; stir into three cupfuls of clear, hot soup stock and stir until dissolved. Mix one pound and a half of cold cooked ham; cut in small dice, with two cupfuls of chopped pimientos, five tablespoonfuls of chopped pickles, half a teaspoonful of ground cloves and two tablespoonfuls of finely chopped onions. Cover the bottom of an oiled oblong mold with sliced hard-boiled egg, add the mixture, pour in the gelatine stock and set in the ice box for three hours. Unmold on a lettuce-covered plate and garnish with parsley and lemon slices.

JULY

MONDAY

BREAKFAST

Blackberries ‡

Shirred Egg *

Toast *

Milk ‡

Jelly ‡

Coffee *

LUNCHEON

Ham Mousse with Sauce *

Apricot Salad ‡

Whole Wheat Rolls *

Plum Cake *

Iced Tea *

DINNER

Vegetable Soup ‡ *

Radishes ‡

Roast Lamb *

New Peas ‡

Potatoes ‡

Jellied Tomatoes in Boats ‡

Raspberry Frappe ‡

Bran Cookies *

Coffee *

HAM MOUSSE WITH SAUCE

Two cupfuls lean cold boiled ham, one tablespoonful granulated gelatine, one teaspoonful mustard, one teaspoonful sugar, one-quarter teaspoonful paprika, one tablespoonful vinegar, one cupful rich milk, two tablespoonfuls chopped green peppers.

Put the ham through the food chopper (fine knife). Soak the gelatine in two tablespoonfuls cold water for ten minutes; then dissolve in the milk, which has been brought to the boiling point; stir until dissolved; pour over the ham and add the mustard, sugar and paprika, which has been mixed with the vinegar; add pepper and mix well. Put into a mold which has been rinsed in cold water. Set in a cold place. When firm remove from mold to chop plate, which has been covered with lettuce cut into thin strips, and serve with the following sauce.

Three tablespoonfuls stiff mayonnaise, one tablespoonful grated horse radish, one tablespoonful vinegar, tarragon or onion flavor, pepper, one cupful whipped cream. Mix the dry ingredients with the vinegar, add the mayonnaise; fold in the whipped cream.

APRICOT SALAD

One cupful diced cooked apricots, one-half cupful diced pineapple, one-half cupful chopped celery, one-fourth cupful nut meats, two tablespoonfuls lemon juice, one-third cupful pineapple salad dressing, one-third cupful whipped cream. Mix the salad dressing and whipped cream and combine with the rest of the ingredients. Serve at once on crisp lettuce. (Have all ingredients very cold before blending.)

WHOLE WHEAT ROLLS

Two cupfuls whole wheat flour, four teaspoonfuls baking powder, one egg, one cupful milk, one teaspoonful salt, one teaspoonful sugar, one tablespoonful melted butter, one teaspoonful melted shortening or oil, one-half cupful seeded raisins. Sift the whole-wheat flour, baking powder, salt and sugar into bowl; add the milk slowly; then add the well-beaten egg, raisins and butter; mix well. Brush roll tins with lard; put one spoonful of mixture into each; bake in hot oven twenty minutes.

PLUM CAKE

One quart plums, one cupful flour, one cupful milk, one teaspoonful of baking powder, one teaspoonful melted butter, one-quarter teaspoonful salt, two tablespoonfuls sugar, one egg, one-half cupful sugar.

Sift the flour, baking powder, salt and two tablespoonfuls sugar into bowl; add the milk, egg and melted butter; mix well. Have the plums washed and cut in half; remove stones. Place in the dough, skin side down, close together; cover with one-half cupful sugar; put in moderate oven twenty-five to thirty minutes. This is best when warm.

JULY

TUESDAY

BREAKFAST

Honeydew †
 Shirred Egg with Ham *
 Toast *
 Milk †
 Jam †
 Coffee *

LUNCHEON

Roast Stuffed Tenderloins *
 Tomato Jelly †
 Plum Sherbet * †
 Tea *

DINNER

Asparagus Soup †
 Radishes †
 Roast Fillet of Veal *
 Lima Beans †
 Baked Potatoes †
 Lettuce and Pimiento Salad †
 Watermelon Squares †
 Coffee *

SHIRRED EGG WITH HAM *

Take one cupful of finely chopped cold boiled ham and add to it one teaspoonful of French mustard, two of Worcestershire sauce, a tablespoonful of ketchup, a quarter saltspoonful of red pepper and a little melted butter. Divide the portion into six well-buttered egg dishes. Break two eggs into each dish, dust with pepper and salt and bake three to five minutes, according to the oven.

ROAST STUFFED TENDERLOINS

Split two pork tenderloins and cut the ends square so that they are the same size. Make a savory dressing and add to the chopped meat ends. Stuff the tenderloins, tie firmly or skewer together. While they roast baste them with a little melted butter, which has salt, pepper, a spoonful of powdered sugar and four cloves in it. When the tenderloins are done place them on a platter and make a sauce of the dish gravy by straining and adding to it a cupful of sweet milk, thickened with a little butter and flour mixed to a paste. Serve in a hot gravy boat and garnish the tenderloins with cress and olive rings.

TOMATO JELLY

Take one canful of tomatoes, add to it three cupfuls of water, a sliced onion, a bay leaf, a teaspoonful of salt, a tablespoonful of sugar, a bunch of savory herbs, a teaspoonful of pepper and four tablespoonfuls of gelatine. Beat over the fire until it begins to boil, allow it to boil for five minutes and add the whites and yolks of two eggs. Beat all well together and remove from the fire, letting it stand tightly covered for five minutes. Strain through a fine sieve, then through a piece of cheese-cloth that has been wrung out of cold water and finally into a ring mold that has been wet with cold water. When cold and beginning to set, press into the jelly stoned olives and the whites of three hard-boiled eggs cut into cubes. Make a bed of fresh lettuce leaves, turn the jelly ring upon it and fill the center with lettuce leaves cut to ribbons, a half-cupful of chopped celery, a half-cupful of ground walnut meats, the yolks of the hard-boiled eggs put through a ricer, and cover the whole with good mayonnaise. This is sufficient for six people.

PLUM SHERBET

Warm one pint of fresh plum juice and dissolve in it one cupful of sugar, then add one quart of rich, cold milk and freeze at once. This makes a very pretty colored sherbet.

WATERMELON SQUARES

Cut the melon into thick squares, free from seeds, and hollow them out with a teaspoon. Fill each with ice cream. Take fresh macaroons, cover their flat surfaces with a little maple syrup and stick around the squares sides of the melon, two on each side, or one on a side if they are large.

JULY

WEDNESDAY

BREAKFASTStrawberries and Cream ‡
Ham Omelet *Toast *
Milk ‡Jelly ‡
Coffee ***LUNCHEON**Fillet of Lamb Chops *
Italian Salad ‡
Peach Pie * ‡
Tea ***DINNER**Vegetable Country Soup ‡
Chow Chow ‡
Baked Ham *Spinach ‡
Romaine Lettuce ‡
Almond and Cherry Mousse * ‡
Coffee *
Sweet Potato ‡
French Dressing ‡**FILLET OF LAMB CHOPS**

Cut and trim cutlets from the leg of lamb, brush with beaten eggs and dip in white soft bread crumbs, to which a little chopped parsley, lemon peel and pepper and salt have been added. Repeat the bread crumbing, also the eggs, so that cutlets have been covered twice.

ITALIAN SALAD

Take three cupfuls of cooked green peas, three tablespoonfuls of cooked carrots, three tablespoonfuls of diced cooked turnips and three tablespoonfuls of cooked string beans, all mixed together. Into a French dressing mix some chopped gherkins, olives and chives, moisten the vegetables with this mixture and garnish with pickled beets cut in fancy shapes.

PEACH PIE

Line a pie plate with crust. Take nine peaches, wash them and dry in linen cloth, then cut in halves, laying the fuzzy side downward in pie crust, very close. In each half place one tablespoonful of sugar, a good-sized piece of butter, a sprinkling of cinnamon, and over all grate the rind of a lemon. Fold over edge of pie crust one inch toward the center of pie; in that way juice remains in one place. Bake in moderate oven three-quarters of an hour. Can be eaten with sweet cream poured over.

VEGETABLE COUNTRY SOUP

Two cupfuls of carrots, two cupfuls of potatoes, two cupfuls of onions, two cupfuls of cabbage leaves, two cupfuls of tomatoes, three slices of bacon, two cupfuls of turnips, one cupful of green peas, one cupful of celery, one cupful of leeks, one tablespoonful of parsley.

Cut fine all the vegetables, chop parsley. Place all in soup kettle, cover with enough water, about one cupful for each person, simmer for one and one-half hours very slowly, add about one pint of water; as it boils down, the vegetables absorb the fluid. When ready to serve remove the bacon as that is used only to flavor soup.

ALMOND AND CHERRY MOUSSE

One cupful sugar, one cupful water, whites of three eggs, one pint whipped cream, one teaspoonful almond flavoring, one tablespoonful sherry, one cup chopped almonds, one cup chopped cherries.

Boil sugar and water until it threads, pour slowly onto the stiffly beaten whites and when cold fold in the whipped cream, add the chopped nuts and cherries and the flavoring. Put in a small covered pail and bury in ice and salt five hours. Turn out on platter, press lady fingers around mold, decorate with candied cherries.

JULY

THURSDAY

BREAKFAST

Sliced Bananas ‡
 Ham and Eggs, Country Style *
 Whole Wheat Muffins * Jelly ‡
 Milk ‡ Coffee *

LUNCHEON

Individual Meat Pies *
 Raw Carrot Salad ‡
 Fresh Apricot Blanc Mange * ‡
 Milk ‡ Tea *

DINNER

Avocado Cocktail ‡
 Celery ‡
 Belgian Hare en Casserole *
 Summer Squash ‡ Mashed Potatoes ‡
 Watercress and Nut Salad ‡
 Cherry Cobbler * ‡
 Milk ‡ Coffee *

MEAT PIES

Make two cupfuls of white sauce with three tablespoonfuls of butter, three tablespoonfuls of flour, and two cupfuls of milk. Run through the fine knife of the meat chopper four cupfuls of clear cooked beef and season with salt, pepper, and three teaspoonfuls of finely chopped parsley. Butter individual baking dishes and sprinkle the bottom and sides with grated bread crumbs. Cover the bottoms of the dishes with a layer of the white sauce, cover the sauce with a layer of the minced meat, add a layer of the white sauce and continue this until the dishes are filled. Cover the tops with a layer of seasoned mashed potatoes, smooth with a knife blade, brush with beaten egg yolk and bake in a medium hot oven thirty minutes.

APRICOT BLANC MANGE

See page 145

HARE EN CASSEROLE

Cut a three or four-pound Belgian hare in neat pieces as for frying. Place in a saute pan half a cupful of diced bacon, three tablespoonfuls of butter, one diced carrot, one sliced onion, one peeled and diced turnip, one tablespoonful of chopped parsley and half a crushed bay leaf; stir and cook until the vegetables are lightly browned; add to them a seasoning of salt and pepper and place in a casserole, add the hare, half a cupful of cider, two cupfuls of meat stock and two tablespoonfuls of currant jelly. Cover the casserole, set in moderate oven and bake one hour. Serve from the casserole.

CHERRY COBBLER

Sift two cupfuls of sifted flour with three tablespoonfuls of sugar, four teaspoonfuls of baking powder and half a teaspoonful of salt; rub into these four tablespoonfuls of lard and two tablespoonfuls of butter; when like coarse meal add two well-beaten eggs, three-quarters of a cupful of milk and one cupful of pitted cherries. Pour into a buttered and floured baking pan, fill half full, and bake in a moderate oven twenty minutes. Cut in squares and serve with orange or lemon sauce.

JULY

FRIDAY

BREAKFASTRaspberries ‡
Chive Omelet *Toast *
Milk ‡Jam ‡
Coffee ***LUNCHEON**Halibut Cutlets, Capers Sauce *
Cabbage Salad ‡
Biscuits *
Strawberry Coupe ‡
Iced Tea ***DINNER**Essence of Tomato ‡
Radishes ‡
Hominy Nut Loaf ‡ *
Eggplant, Armenian Style ‡
Lettuce with Russian Dressing ‡
Mocha Cake *
Coffee ***CHIVE OMELET**

Put into a bowl one tablespoonful of flour; add slowly one-half cupful of milk, beating all the while. When smooth, drop in six eggs, three-fourths teaspoonful of salt, a few grains of pepper; beat well and add one-third cupful of finely cut chives. Pour into a well-buttered omelet pan and cook as a French omelet.

HALIBUT CUTLETS, CAPER SAUCE

Steam one pound of halibut and when cold, separate into large flakes. There should be two cupfuls. Season the flaked fish with one teaspoonful of salt, one teaspoonful of chives, one-half teaspoonful of white pepper, one teaspoonful of chopped parsley, and lemon juice to taste. Make a sauce of one and one-half tablespoonfuls of butter, three tablespoonfuls of flour, one cupful of light cream, and two egg yolks. Add to halibut and let stand an hour or two. Then make into cutlet shapes, dip in flour, egg, and crumbs, and fry in deep fat.

Make a white sauce of two tablespoonfuls each of butter and flour and one cupful of milk, and then stir in carefully the yolks of two eggs and one-half cupful of butter, adding the butter gradually while stirring constantly. Season with a few grains of cayenne, one-half teaspoonful of salt, two teaspoonfuls of lemon juice, and two tablespoonfuls of capers.

STRAWBERRY COUPE

Crush with a silver fork a quart of washed and hulled berries, selecting those of a dark red color. Leave in a sieve to drip for an hour. To the pulp remaining, if there is two-thirds of a cupful, add one-half cupful of powdered sugar, drain again, and when quite dry, fold into two-thirds cupful of heavy cream which has been beaten stiff. Serve in glasses.

EGGPLANT, ARMENIAN STYLE

Wash, wipe, and slice lengthwise in one-third-inch slices. Sprinkle a little salt over each piece, place one on top of another, and let stand an hour or two. Drain, wash off the salt, and dry on a cloth. Cover bottom of frying pan with olive oil, and fry the slices until soft and well-browned, or saute in butter, turning frequently.

JULY

SATURDAY

BREAKFAST

Casaba Melon with Lemon †
 Shirred Eggs *
 Toast * Fig and Rhubarb Jam †
 Milk † Coffee *

LUNCHEON

Tongue Ramequins *
 Cherry and Almond Salad †
 Sliced Peaches † Fudge Cake *
 Grape Juice Cup †

DINNER

Tomato Bisque †
 Spiced Pickles †
 Baked Rack of Lamb * Mint Jelly †
 Green Peas † Browned Potatoes †
 Summer Salad †
 Iced Coffee *

FIG AND RHUBARB JAM

Wash, peel and cut in inch lengths four pounds of red rhubarb, place in a preserving kettle, add one pound of peeled and sliced figs, the strained juice of two lemons, three pounds of sugar, and one-half cupful of water; bring slowly to a boil and simmer forty-five minutes. Pour into hot jars and seal.

TONGUE RAMEQUINS

Cook two-thirds of a cupful of washed rice in three cupfuls of boiling meat stock until tender, drain well and line six buttered ramequins with it. Mix two cupfuls of chopped cooked tongue with one-half cupful of chopped cooked ham, four tablespoonfuls of white sauce, one tablespoonful of chopped pimiento, two tablespoonfuls of chopped parsley, one-half cupful of diced, cooked string beans, the well beaten yolks of two eggs, a seasoning of salt and paprika and the stiffly beaten whites of two eggs, fill the rice-lined ramequins with the meat mixture, set in a pan of hot water, cover and set in the oven for twenty-five minutes. Unmold on hot plates and serve with tomato sauce.

CHERRY AND ALMOND SALAD

Mix in a cold bowl two cupfuls of firm, ripe, pitted and halved cherries, half a cupful of blanched and chopped almonds and one-half cupful of lemon French dressing. Let stand on the ice thirty minutes, drain, mound on six lettuce-covered plates, and place a tablespoonful of mayonnaise on each salad.

MINT JELLY

Peel and core tart apples, there should be six cupfuls when sliced, place in a preserving kettle, cover with cold water, about four cupfuls, bring slowly to a boil and simmer until the apples are soft, pour into a jelly bag and let drip without squeezing. Mix one cupful of chopped mint with four tablespoonfuls of water and four tablespoonfuls of sugar and let stand over night, bring slowly to a boil and strain. Place four cupfuls of the strained apple juice in a saucepan, bring to a boil, add three cupfuls of sugar and boil until a little will jell when dropped on a cold plate; add three tablespoonfuls of mint extract, pour into small glasses, cool and seal.

JULY

SUNDAY

BREAKFAST

Raspberries ‡
 Beaten Biscuit * Prune and Orange Jam * ‡
 Milk ‡ Coffee *

DINNER

Cream of Chicken *
 Celery ‡
 Smothered Chicken *
 Tomato Layer ‡ * Tipsy Potatoes ‡
 Watercress Creole Dressing ‡
 Strawberry Ice ‡ Cake *
 Iced Coffee *

SUPPER

Bombay Turnovers *
 Ching-a-Ling ‡

BEATEN BISCUIT

Sift a quart of flour into a bowl or tray, add half a teaspoonful salt, then cut into it a cupful of very cold lard. Wet with cold water—ice water is best—into a very stiff dough. Lay on a floured marble slab, and give one hundred strokes with a mallet or rolling pin. Fold afresh as the dough beats thin, dredging in flour if it begins to stick. The end of beating is to distribute air well through the mass, which, expanding by the heat of baking, makes the biscuit light. The dough should be firm, but smooth and very elastic. Roll to half-inch thickness, cut out with a small round cutter, prick lightly all over the top, and bake in steady heat to a delicate brown. Too hot an oven will scorch and blister, too cold an oven will make the biscuit hard and clammy.

PRUNE AND ORANGE JAM

Wash some prunes thoroughly in both hot and cold water, then cut from the pits. Put the meat through a food chopper and to each cupful of cut oranges, add the grated rinds of one-half of the oranges used. Add one tablespoonful of sugar to each cupful of orange, and two cupfuls of prunes add one-half cupful of water.

Stir well together, stand in a saucepan at the back of the range and let the jam simmer until thick. Seal in jelly glasses.

CREOLE DRESSING

Put three tablespoonfuls of olive oil in a deep, small bowl, add to it a saltspoonful of salt and half a one of pepper—more if taste approves. Add alternately drop by drop, a teaspoonful of made mustard, and a tablespoonful vinegar. When well mixed, add the yolk of a hard boiled egg, mashed very smooth, and stir until blended. Serve with lettuce, celery or potato salad.

BOMBAY TURNOVERS

Shred one pint of boiled crab meat, and mix with a tablespoonful of melted butter, teaspoonful of curry powder, and enough cream to make a smooth paste. Roll out pie crust very thin and cut into fine inch rounds. Fill with the mixture, fold in half, and fry in deep fat. Arrange on a napkin and garnish with parsley.

CHING-A-LING

To one quart of Orange Pekoe tea, add half a pint of black currant juice, three sprigs of crushed mint, a pinch of clove, and sugar to taste. Chill thoroughly before serving.

STRAWBERRY ICE

Boil one quart of hot water and one pint of sugar for five minutes, cool, add the juice of two lemons, the juice of two oranges and one pint of crushed strawberries. Partially freeze; add the beaten white of one egg and continue freezing until solid.

JULY

MONDAY

BREAKFAST

Waffles *	Stewed Rhubarb ‡	Bacon *
	Honey ‡	
Milk ‡		Coffee *

LUNCHEON

Broiled Shad Roe Maitre d'Hotel *	Poppy Seed Rolls *
Combination Salad ‡	
Bread Pudding *	
Cocoa * ‡	

DINNER

Cream of Celery Soup ‡	
Ripe Olives ‡	
Leg of Lamb and Caper Sauce *	
Potatoes a la Reine ‡	Spinach ‡
Cauliflower Salad ‡	
Huckleberry Pie * ‡	
Tea *	Coffee *

BROILED SHAD ROE, MAITRE D'HOTEL

Season the roe well with salt and pepper, roll in olive oil and broil. Serve with maitre d'hotel sauce and garnish with quartered lemon and parsley.

POTATOES A LA REINE

Mix well one cupful of boiling water, one ounce of butter and a half-cupful of flour; cool a little and add the yolks of two eggs. Mix this dough with equal parts of fresh boiled potatoes passed through a fine sieve, season with salt and a little grated nutmeg. Take up, with a spoon, in pieces the size of an egg and drop one by one in warm swimming lard, heating gradually, so the potato will have time to swell (souffle) before becoming a golden brown color. When done, salt and serve on napkin.

BREAD PUDDING

Two cupfuls of milk, one cupful of bread crumbs or broken bread, one tablespoonful of sugar, two egg yolks, one egg white, one-half teaspoonful of vanilla, one saltspoonful of salt.

Soak the bread in the milk until softened; then beat it until smooth and add the rest of the ingredients excepting the white of egg. Turn it into a pudding dish, place this in a pan of hot water and bake in a slow oven fifteen to twenty minutes, or only long enough to set the custard without it separating. Cover the top with a layer of jam or tart jelly and place in the center a ball of meringue made with the white of one egg; dust with sugar, place in the oven a moment to brown the meringue, and put a piece of jelly on the top of the meringue. Serve hot or cold. The jelly and meringue answer as a sauce.

CAULIFLOWER SALAD

Stand a firm white cauliflower in salt water for half an hour, then cook it in boiling water until tender, but not quite done. Drain, cool, cut into sprigs and arrange these neatly in a salad bowl lined with tender leaves. Mash the yolks of four hard-boiled eggs and cut the whites into petals, arrange these like daisies over the cauliflower with strips of green peppers and pour over a plain French dressing. Serve very cold.

JULY

TUESDAY

BREAKFAST

	Melon ‡	
	Scrambled Eggs *	
Toast *		Jam ‡
Milk ‡		Coffee *

LUNCHEON

	Nut Roast * ‡	
	Hot Cabbage Salad ‡	
	Biscuits *	
	Russian Cream *	
Milk ‡		Tea *

DINNER

	Potato Soup ‡	
	Sweet Gherkins ‡	
	Boiled Salmon *	
Green Pea Cutlets ‡		Baked Potatoes ‡
	Sunkist Salad ‡	
	Mexican Cake *	
Milk ‡		Coffee *

NUT ROAST

Boil one can of peas twenty minutes, then strain through a sieve, add one cupful of finely chopped or ground walnuts, a cup and a half of fine bread crumbs, two beaten eggs, a tablespoon of butter, a saltspoon of pepper, and a half teaspoon of salt; mold firmly in brick shape and place in well-buttered shallow roasting pan. Brush over with white of egg, baste twice with quarter cup of white grape juice in which a lump of butter has been melted, and a dash of sugar and a grating of nutmeg added. Roast a half to three-quarters of an hour, according to the oven heat, but do not burn or dry it too much. Serve a brown mushroom sauce with the roast.

HOT CABBAGE SALAD

Select one medium-sized cabbage, strip off the outside leaves, and cut out the hard core. Shave or slice the cabbage very thin; then cover with a cloth to keep it from drying out until ready to use. Put into a saucepan a half cupful of sugar, a dessert spoonful of dry mustard, a teaspoonful of salt, a saltspoonful of cayenne, a tablespoonful of butter, a tablespoonful of onion juice, one beaten egg, a quarter cupful of tarragon vinegar, and a half cupful of cider vinegar. Stir all well together and let it slowly come to the boiling point; boil up at once, then set back and add three Spanish peppers and eight stoned olives chopped very fine. Keep stirring until it all melts down smooth and rich, then draw on to the fire to heat a minute or two. If it is too moist, drain, and serve with a pimento olive on top of each portion.

RUSSIAN CREAM

Beat the yolks of four eggs with one cupful of sugar, then add one quart of milk and cook like a custard. Take from the stove when slightly thickened and add the beaten whites of the eggs, stir well together for a few minutes, then add a half box of gelatine dissolved in one pint of warm water and the strained juice of a lemon. Pour into a wet mold and set away to harden. Served with whipped cream, this is a very pretty dessert if it is made just right, the jelly forms the top layer, when turned out, with the spongy cream at the bottom. Be sure that the mold is well wet before the mixture is turned into it, so that the cream will turn out perfectly when it is chilled.

BOILED SALMON

Select a four-pound fish, or have a piece cut from the shoulders of a large fish, rinse it in cold water, wrap it in a linen cloth and put it in the fish kettle covered with cold water. Put into the water a bay leaf, a small sliced onion, two cloves, and a small strip of lemon peel. After the fish starts to boil let it cook evenly but not too briskly for fear of breaking the meat. For twenty minutes. When done lift it carefully, drain, and place on a hot platter. Garnish with cold boiled egg quarters and sliced lemon with a sprig of parsley drawn through each slice. Hollandaise sauce, plain drawn butter, tartar sauce, or any good fish sauce may be served with the fish.

JULY

WEDNESDAY

BREAKFAST

Melon †
 Bacon and Eggs *
 Waffles * Marmalade †
 Milk † Coffee *

DINNER

Consomme Du Barry *
 Ripe Olives †
 Baked Chicken, Holland Style *
 Baked Cauliflower †
 Duchesse Potatoes †
 Cucumber Salad, Chive Dressing †
 Ginger Mousse †
 Milk † Coffee *

SUPPER

Indian Sandwich *
 Watermelon †

BAKED CHICKEN, HOLLAND STYLE

Get a nice fat five-pound hen or a young rooster, rub with salt and black pepper, take two teaspoonfuls of butter, one tablespoonful of flour, make a paste of this and pat over the breast of chicken. Place in covered roasting pan, breast side up and fill with this dressing made as follows: one-half loaf of white bread, soak in cold water for ten minutes, squeeze dry and add these ingredients, one-quarter teaspoonful salt, one-quarter teaspoonful of pepper, dash of ginger and nutmeg, one large grated onion, one tablespoonful of chopped green onions, one-half cupful of cracker crumbs with one tart apple that has been chopped very fine, mix thoroughly, then blend in one egg that has been whipped light and creamy. Stuff the chicken with this and before you fasten the opening press in a bunch of parsley, which must be removed when serving. Sew the opening with coarse thread, place a clove of garlic in the pan with one cupful of water and two tablespoonfuls of tomatoes. Bake three hours slowly, baste often, serve whole and may be carved at the table.

BAKED CAULIFLOWER

One and one-half pound cauliflower, two ounces butter, one-half cupful cream, one-half teaspoonful meat extract, two tablespoonfuls flour, a pinch of ground mace.

Boil the cauliflower. Heat one and a half ounces butter on two tablespoonfuls flour to a golden brown, add the cream and half a pint of the water in which the cauliflower has been boiled, with half a teaspoonful of meat extract dissolved in it. Boil this sauce till thick, then flavor with ground mace. Strain and pour over the cauliflower, which has been placed in a deep dish. Melt the remaining half ounce butter, pour it over, sprinkle with grated Parmesan cheese and bake in a hot oven, standing the dish in a pan of boiling water.

CUCUMBER SALAD DRESSING

Three cucumbers small, two bunches radishes, one-half onion, grated, one teaspoonful chopped chives, one hard boiled egg, grated, one head of lettuce, three tablespoonfuls olive oil, one tablespoonful vinegar, pinch of paprika, one teaspoonful salt.

Peel cucumber, cut in half, serve one to each person, slice very thin, but not through so the cucumber will look as though it was whole. In between each piece insert a radish slice, also cut thin, alternate each half, place in ice water. If done carefully the radish will not slip out of the openings when ready to serve. Drain off water, place on lettuce leaf, pour the dressing over. Mix oil, vinegar and seasoning thoroughly then add the chives and grated eggs.

GINGER MOUSSE

One tablespoonful gelatin, granulated, one-quarter cupful cold water, pinch salt, three-quarter cupful powdered sugar, two cupfuls cream, two tablespoonfuls ginger syrup, one cupful preserved crystallized ginger, one tablespoonful lemon juice.

Soften gelatine in cold water, add pinch of salt and powdered sugar. Stir and strain gradually into the cream which has been whipped very stiff. Flavor with ginger syrup and lemon juice and before freezing add crystallized ginger, cut small.

AUGUST

MONDAY

BREAKFAST

Grapes †
Ham and Eggs *
Toast *
Milk †
Jam †
Coffee *

LUNCHEON

Meat Balls with Horseradish Sauce *
Tomato Jelly Salad †
Orange and Grape Juice Frappe †
Tea *

DINNER

Italian Puree of String Beans *
Sweet Gherkins †
Veal with Sour Cream Gravy *
Mashed Carrots †
Pineapple Salad †
Feather Cakes *
Coffee *

MEAT BALLS WITH HORSERADISH SAUCE

One pound of chopped steak, one teaspoonful of salt, one-sixth teaspoonful of paprika, one onion. Chop meat and onion together, season, make into firm balls, sear in butter in saucepan, reduce temperature, turn balls often and serve rare. Horseradish sauce: One-half cupful of horseradish, one-half cupful of cracker dust, one teaspoonful of salt, one-sixteenth teaspoonful of pepper, one-half cupful of cream, one teaspoonful of mustard, one teaspoonful of vinegar, two tablespoonfuls of powdered sugar. Mix salt and pepper, cracker dust and horseradish. Make a paste of mustard and cream in a spoon, add it with cream to the mixture; add full amount of vinegar if horseradish is fresh and heat the materials in a double boiler. Serve hot.

TOMATO JELLY SALAD

Turn into saucepan the contents of a can of tomatoes, adding a bay leaf, one teaspoonful of brown sugar, a pinch each of allspice and ground nutmeg, half a chopped onion, a half teaspoonful of salt, and a little cayenne pepper; simmer slowly, pouring in a little cold water if it becomes too thick, and strain through a puree sieve, stirring into each pint of liquid a tablespoonful of gelatine that has been dissolved in half a cupful of hot water; turn into small ring molds, and when cold and firm, mold in nests of crisp lettuce leaves, filling the center with a mayonnaise of celery; garnish with tiny stuffed olives and small capers.

ORANGE AND GRAPE JUICE FRAPPE

Add one cupful of sugar to two cupfuls of grape juice and one cupful of orange juice. Add one-fourth of a cupful of lemon juice. One cupful of cream may be added, if desired. Fill the mold and pack with ice and salt. Garnish with whipped cream in serving.

ITALIAN PUREE OF STRING BEANS

Parboil two cupfuls of string beans, cut fine, add two cupfuls of veal stock and two tablespoonfuls each of butter and flour thoroughly blended. Cook for twenty minutes, press through a fine sieve, reheat, season, add one cupful of boiling cream, and serve.

PINEAPPLE SALAD

Cut into strips three slices of pineapple and one canned red pepper. Place on ice until time of serving, then place on heart leaves of lettuce, and partially cover with cream mayonnaise, made as follows: Beat until stiff one-half cupful heavy cream, and add three tablespoonfuls of mayonnaise dressing, and season with salt and paprika. If the mayonnaise has separated from standing, it will become smooth when added to the cream.

FEATHER CAKES

Cream a quarter of a cupful of butter, gradually add one cupful of sugar, yolks of two eggs, half a cupful of milk, and one and one-half cupfuls of flour, mixed and sifted with two teaspoonfuls of baking powder, fold into the stiffly beaten whites of two eggs, and add a quarter of a teaspoonful of vanilla. Bake forty minutes in a moderate oven. Cover with white frosting.

AUGUST

TUESDAY

BREAKFAST

Melon †
Ham and Eggs *

Toast *
Milk †

Jam †
Coffee *

LUNCHEON

Fried Oxtail *
Celery and Nut Salad †
Orange Charlotte Russe * †

Milk †

Tea *

DINNER

Green Pea Soup †
Ripe Olives †
Braised Tame Duck *
Carrots and Cream Peas †
Potato Croquette †
Asparagus, Vinaigrette Dressing †
Berry Coupe * †

Milk †

Coffee *

FRIED OXTAIL

Wash and wipe oxtail, separated at the joint. Cook in a simmering stock until the meat easily separates from bone, or about five hours. Carefully drain, and cool on strainer. Wipe between towels. Roll in cracker meal and beaten egg to which three tablespoonfuls of milk, one half teaspoonful of salt and a dash of pepper have been added; then roll in crumbs. Fry in hot deep fat to a delicate golden color. Serve with hot tomato sauce.

CELERY AND NUT SALAD

Cut some tender white stalks of celery into small dice or thinly slice crosswise, and with some chopped walnuts, one-quarter of walnuts to three quarters of celery, marinate in a little French dressing. Mix in a bowl with a mayonnaise. Dress the salad in a nest of crisp lettuce leaves. Garnish with thin slips or figures cut out of pimentos, beets, or hard-boiled eggs.

GREEN PEA SOUP

Shell one and one-half pounds green peas. Soak twenty minutes. Drain. Turn these into a pint of boiling water in a saucepan over the fire and cook until soft, adding one-third teaspoonful salt. Rub the peas through a puree strainer in their own liquor. Combine with a quart of cream soup, beat and reheate to a bubble. Season as needed with salt and white pepper. Add a tablespoonful green coloring if desired. Before serving with croutons, beat in a few bits of butter.

BRAISED TAME DUCK

Clean, dress, wash, wipe, stuff and truss a tame duck. In a Dutch oven, over a moderate fire, simmer in a little rendered duck fat a carrot and an onion, thickly sliced, until amber color. Remove vegetables and reserve. Saute the duck in the hot fat left in pot set over a good fire, until evenly colored. Remove the pot, pour out the fat, and reserve it. Add to the duck in pot one and one-quarter cupfuls of hot white stock, or sherry. Add the reserved onion and carrot, a kitchen bouquet, dredge over with salt and pepper, set on duck's breast a thin slice of salt pork, cover with a paper, and set in a moderate oven to cook until tender, from two to four hours, basting occasionally and turning over twice. In the last twenty minutes of cooking, remove salt pork and paper. When done, remove the duck to a serving dish, and free it of twine.

Strain the liquor, skim off the fat on top, reduce it and thicken as usual with a brown roux made of the reserved grease and two and one-half tablespoonfuls of flour. Send sauce in a boat.

AUGUST

WEDNESDAY

BREAKFAST

Melon ‡
 Fried Egg * and Apples ‡
 Toast * Jelly ‡
 Milk ‡ Coffee *

LUNCHEON

Liver Begue *
 Salad Ottolio ‡ *
 Peach Sherbet ‡
 Tea *

DINNER

Cream of Celery ‡
 Gherkins ‡
 Steak a la Minute *
 Spinach ‡
 French Fried Sweets ‡
 Country Club Salad ‡
 Strawberry Bavarian Cream ‡
 Coffee *

LIVER BEGUE

One and one-half pounds calf liver, two medium sized onions, two cloves garlic, three tablespoonfuls butter, one-half cupful water, salt and pepper to taste, two tablespoonfuls parsley, level tablespoonful flour.

Cut liver an inch thick, soak in milk about twenty minutes, then dry thoroughly with a cloth. Take one-half tablespoonful of butter, melt, when it begins to sizzle, put in liver, fry brown on both sides, lay on platter until gravy is prepared, add the rest of the butter to the pan gravy with the onion, garlic and parsley, minced almost to a pulp, saute ten minutes, shaking the pan so as not to burn, then place liver back into this sauce, dust with the flour, half of the water, salt and pepper last. Be sure to simmer covered one-half hour longer, then add rest of the water. When done this forms a thick rich gravy. Place on platter, pour sauce over, garnish with lettuce leaves and sliced lemon, with a border of toast cut diamond shaped.

SALAD OTTOLIO

One bunch of red radishes, chopped fine, one small Spanish onion, cut in squares, two small dill pickles, cut in squares, six tomatoes, skinned and halved. Two hard-boiled eggs, grated, one head of lettuce, cut in small pieces, one stalk of celery, cut in squares, one tablespoonful chopped pecans.

Dressing made as follows: rub bowl with a clove of garlic, add one and one-half tablespoonfuls tarragon vinegar, two tablespoonfuls of water, one-eighth teaspoonful black pepper, one tablespoonful sugar, one-quarter teaspoonful of salt; mix and pour over salad, let stand in the ice box for one-half hour to set. Serve on lettuce leaf with toasted rye bread.

PEACH SHERBET

One quart peach juice, two cupfuls sugar, one cupful water, whites of two eggs, beaten, juice of one lemon.

Boil water and sugar together, add fruit juice and beaten whites and freeze.

STEAK A LA MINUTE

Take one-half pound of steak, have it sliced very thin, about one-eighth of an inch thick, rub with garlic on each side, cut into four-inch squares. Have ready an iron skillet, place in about two tablespoonfuls of butter and a little beef suet that has been chopped fine. Place on hot fire and when butter begins to sizzle put in the steak, turning about three times. That is all it requires as to time. Place on platter, pour on the pan gravy to which salt and pepper has been added, not forgetting a pinch of sugar. Garnish with French fried potatoes, sprinkle liberally with parsley before removing from the pan.

AUGUST

THURSDAY

BREAKFASTFigs and Cream ‡
Egg a L'Ardenaise *Toast *
Milk ‡Jelly ‡
Coffee ***LUNCHEON**Beef Loaf, Hungarian *
Tomato Salad ‡
Oranges Chantilly ‡

Milk ‡

Tea *

DINNERSwiss Soup ‡ *
Radishes ‡
Veal Shoulder, Bourgeoise *
Avocados Scalloped ‡
Potatoes, Pompeien ‡
Lettuce Salad, French Dressing ‡
Strawberrie Fool ‡
Coffee ***BEEF LOAF, HUNGARIAN**

Chop very fine half a pound of beef and mix with a half a pound of sausage meat, the same of lean boiled ham cut in dice, and an equal amount of bread crumbs. Season with a bit of garlic, a tablespoonful of grated onion, half a chopped green pepper, salt and paprika, the yolk of an egg, beaten with a quarter of a cupful of milk, and the well-beaten white. Turn into a mold, cover closely and boil, or steam for two hours. Serve hot with Spanish sauce.

ORANGES CHANTILLY

Strain the whites of two eggs into a pint of double cream and beat until stiff, adding by degrees a cupful of orange pulp, the pulp of two lemons and half a cupful of powdered sugar. Pile on a glass dish and garnish with any kind of candied fruit or chopped jelly. Chill all ingredients before combining. Fresh berries can be substituted for the orange, crushing a little first.

SWISS SOUP

Cut two large potatoes into cubes and boil in three pints of soup stock for fifteen minutes. Add a cupful of cheese cut in smaller cubes, removing from the fire before the cheese melts. Serve with fried slice of bread on each plate.

VEAL SHOULDER BOURGEOISE

See page 153

AVOCADOS SCALLOPED

Split two avocados, and cut the meat in small cubes. Mix with a cupful of fine cracker crumbs, turn into a buttered pudding dish and dust with salt, paprika and a tiny bit of sugar. Beat two eggs with a cupful of cream, pour over and bake a delicate brown in a moderate oven. Serve as an entree or with the roast.

POTATOES, POMPEIEN

Scrub five large potatoes and bake until soft. Melt half a cupful of butter in a chafing dish; when hot add the potato which has been taken out of the skins; season with salt, enough paprika to color it a delicate red, and a tablespoonful of finely chopped parsley. Stir all together until the potatoes are creamy, adding more butter if necessary, and serve very hot.

AUGUST

FRIDAY

BREAKFAST

Jelly ‡	Casaba Melon ‡	
Milk ‡	Scrambled Eggs *	Toast *
		Coffee *

LUNCHEON

Walnut Fritters * ‡	Grilled Tomatoes ‡
Grape and Celery Salad ‡	
Watermelon Sandwiches ‡	
Iced Tea *	

DINNER

Northern Soup ‡
Ripe Olives ‡
Flounder a l'Italienne *
Baked Marrow, Sour Cream Sauce *
Banana Salad ‡
Parker House Rolls *
Plum Pie *
Coffee *

WALNUT FRITTERS, GRILLED TOMATOES

Put a small cupful of milk and half an ounce of butter in a saucepan over the fire. When it boils, add three ounces of dried and browned bread crumbs and a little dredging of flour. Let it cook until it no longer adheres to the pan, and remove from the fire. When cool, add two eggs beaten smooth, a large tablespoonful of chopped walnut meats, a saltspoonful of salt, a half saltspoonful of pepper, a small grated onion and a dessertspoonful of chutney syrup. Mix well and shape into cakes a half inch thick, on a floured board. Roll the cakes in egg and bread crumbs and fry. Serve with grilled tomatoes and walnut gravy. This gravy is a medium brown sauce, mixed with walnuts chopped very fine.

GRAPE AND CELERY SALAD

Mix lightly one cupful of finely chopped white celery with one large bunch of peeled grapes and dress with powdered sugar, a dessertspoonful of ginger syrup, and a tablespoonful of apricot cordial. Mix thoroughly, lay on white lettuce leaves and garnish with green maraschino cherries.

WATERMELON SANDWICHES

These are made by cutting the ripe, well-chilled melon lengthways in one-inch slices. Remove the seeds and cut into four-inch squares. Split these if necessary and spread thickly between the slices with vanilla French ice cream and on top of each spread pistachio cream. Serve as quickly as they are prepared with an ice cream fork and sweet wafers.

NORTHERN SOUP

Cut fine three turnips, three carrots, three onions, four leeks and a bunch of celery. Fry in butter, add a clove of garlic, a small bunch of parsley, two cloves and salt, pepper and grated nutmeg to taste. Cover with three quarts of water and simmer for three hours, skimming when necessary. Strain and serve with croutons.

FLOUNDER A L'ITALIENNE

Select a large thick flounder and have it fileted. Dust the filets with salt and pepper; then dip them into an egg which has been beaten with a tablespoonful of hot melted butter and fry them in deep hot fat. Have ready a sauce, made by rubbing together two level tablespoons each of butter and flour; to this cream add half a pint of boiling water and stir until the sauce boils. Add a teaspoonful of onion juice, a teaspoonful of kitchen bouquet, a half saltspoonful of cayenne pepper, a half teaspoonful of salt. When done turn the sauce into a hot dish and arrange the filets in it, garnishing the platter with small potato croquettes.

BAKED MARROW, SOUR CREAM SAUCE

Wash and cut two vegetable marrows in half and scrape out the seeds; make a savory stuffing of one cupful of crumbs, one chopped onion, a tablespoonful of chopped celery twelve seeded raisins, a tablespoonful of chopped pecan meats, a teaspoonful of cold boiled ham, a tablespoonful of cream and two of sherry; stuff and bake in a moderate oven until the marrow is tender enough to scoop out of the shell. Set the marrows on a bed of parsley and serve. The sauce is made of a cupful of sour cream beaten with the juice of a lemon and a teaspoonful of sugar, and is served in a tureen.

AUGUST

SATURDAY

BREAKFASTFigs †
Shirred Eggs *Toast *
Milk †Jam †
Coffee ***LUNCHEON**Bobtee *
Spinach Salad *
Mint Biscuit Mousse *
Tea ***DINNER**Spanish Soup * †
Sweet Gherkins †
Beef Tongue en Casserole *
Smothered Tomatoes † Browned Sweet Potatoes †
Red Pepper Salad † *
Hamburg Sponge *
Tea ***BOBTEE**

One pint of cold cooked meat chopped fine, one-half of a small onion, two tablespoonfuls of butter, one cupful of milk, two ounces of bread, eight almonds, three eggs, a dash of salt and one teaspoonful of curry powder. Put the butter in a frying pan and slice in the onion. Fry a nice brown. Add the milk and bread. Take from the fire and let stand ten minutes. Blanch and chop almonds and add them, the meat, the curry powder and the eggs well beaten to the ingredients in the frying pan. Rub a baking dish with butter and the juice of a lemon. Put the mixture in this and bake in the oven twenty minutes.

SPINACH SALAD

Wash thoroughly and boil six bunches of spinach. If it is young and tender cook in its own juice, heating it, in a saucepan, very gradually to prevent burning. Cook twenty-five minutes or until tender. When tender drain the spinach and chop it with six hard-cooked eggs. Add one cupful of toasted bread crumbs and one-half cupful of minced boiled ham, if liked. Pack in small cups or molds. Chill on ice and when ready to serve surround each mold on the serving plate with olives, and dress with mayonnaise.

SPANISH SOUP

Chop three tablespoonfuls of red and green peppers and cook in two tablespoonfuls of flour and butter for five minutes. Add three cupfuls of stock, two cupfuls or a can of tomatoes. Cover this and allow it to simmer for twenty minutes; then strain and add one-half of a cupful of plain boiled macaroni.

BROWNE SWEET POTATOES

Select potatoes of uniform size, and pare; place in a frying pan and add water to a depth of about one-half inch. Add one tablespoonful of butter or other shortening, and one tablespoonful of brown or white sugar. Cover and let boil furiously. The water will soon disappear as steam, and the potatoes will brown in the syrup that remains, which forms a delicious crust, keeping in the steam and flavor.

HAMBURG SPONGE

Place in the upper part of the double boiler one pint of milk, adding two well-beaten eggs and a heaping tablespoonful of sugar. Cook only until well thickened, and then remove from the fire, stirring in half a package of gelatine dissolved in a little hot water. Flavor with the juice and grated rind of an orange, and when the cream begins to cool and stiffen beat to a foam with an egg beater, folding in one tablespoonful of powdered sugar and a half pint of cream beaten solid; turn into wide-rimmed glasses that have been lined with macaroons and place directly on the ice to chill.

AUGUST

SUNDAY

BREAKFAST

Grapefruit Royal ‡
 Scrambled Eggs in Rolls *
 Waffles * Honey ‡
 Milk ‡ Coffee *

DINNER

Puree of Spinach ‡
 Celery ‡ Salted Almonds ‡
 Shoulder of Lamb, Family Style *
 Asparagus Mayonnaise ‡ *
 Melange of Fruit, Del Monte ‡
 Orange Cup Cakes *
 Milk ‡ Coffee *

SUPPER

Angels on Horseback *
 Romaine with French Dressing ‡
 Apple Cake * ‡ Cocoa ‡

SCRAMBLED EGGS

Slice the tops from six French rolls and carefully scoop out the insides; set the shells and tops on a baking pan, brush the insides with melted butter and toast a nice brown in a hot oven; be careful not to burn. Mix half a cupful of milk with eight eggs, half a cupful of finely chopped boiled ham and a seasoning of salt and pepper. Place two tablespoonfuls of melted butter in a cold iron frying pan, pour in the egg mixture, heat slowly, stirring all the time, until the eggs are thick and creamy, not hard. Divide the egg mixture into the six toasted rolls, place on the tops and serve one to each person on a hot plate.

PUREE OF SPINACH

Cover four bunches of washed and picked spinach with five cupfuls of boiling water and boil with the lid off for ten minutes; rub all through a fine sieve into a clean saucepan and reheat. Melt three tablespoonfuls of butter, add three tablespoonfuls of flour, work smooth and beat in slowly one and a half cupfuls of milk; stir and cook until thick and smooth and beat slowly into the spinach puree; season with salt, paprika and a few grains of nutmeg; bring to a boil and serve with croutons.

SHOULDER OF LAMB

Season a boned shoulder of lamb with salt and pepper, rub with a clove of garlic and place in deep earthenware baking dish with one bay leaf and two whole cloves. Peel and slice six potatoes and six onions and mix with one tablespoonful of chopped parsley and a seasoning of salt and pepper; place over the shoulder of lamb and around the sides; add six cupfuls of water and bake, uncovered, in moderate oven for two and a half hours. Serve from the baking dish.

MELANGE OF FRUIT

Mix six slices of pineapple cut in dice with one peeled and sliced orange, one peeled and diced grapefruit, one peeled and diced banana, twelve picked and washed strawberries, three tablespoonfuls of powdered sugar and two tablespoonfuls of pineapple juice; set in the ice box for three hours; fill stem glasses two-thirds full with the mixture, fill with vanilla ice cream and top with a whole strawberry dipped in powdered sugar.

ANGELS ON HORSEBACK

Wash and drain twenty-four large eastern oysters and wrap each oyster in a thin slice of lean bacon and fasten with a toothpick. Beat three eggs with one teaspoonful of dry mustard mixed with two teaspoonfuls of Worcestershire sauce and dip the covered oysters in them; roll in fine bread crumbs, place on a buttered pan, dot with bits of butter and bake in a hot oven seven minutes. Place four oysters on a square of toast, remove the toothpicks, pour over Maitre d'Hotel sauce and garnish with lemon quarters and branches of parsley.

AUGUST

MONDAY

BREAKFASTRaspberries ‡
Poached Egg *Muffins *
Milk ‡Jelly ‡
Coffee ***LUNCHEON**Ham Trifle *
Red Pepper Salad ‡ *
Chocolate Gingerbread *
Buttermilk ‡**DINNER**Southern Tomato Soup ‡
Sweet Gherkins ‡
Veal Cutlet, Baked *
Carrots ‡ Potato Puff *
Summer Joy Salad * ‡
Orange and Grape Juice Frappe ‡
Milk ‡ Coffee ***HAM TRIFLE**

Chop one cupful of cold boiled ham, three hard-cooked eggs, and five soda crackers. Heat two cupfuls of milk, add to this a good-sized piece of butter, and thicken with one teaspoonful of flour and one teaspoonful of dry mustard. Stir into this the chopped ham, eggs and crackers, and add a tablespoonful of minced parsley. Put in a baking dish and bake for half an hour.

CHOCOLATE GINGERBREAD

Place in a mixing bowl half a cupful of molasses, one tablespoonful each of melted lard and butter, half a cupful of brown sugar, half a teaspoonful of ground cinnamon, a quarter of a teaspoonful each of grated nutmeg and ground ginger, and a heaping tablespoonful of grated sweet chocolate mixed to a paste with a little warm water; blend the ingredients thoroughly and then stir in one teaspoonful of baking soda, dissolved in a small cupful of sour cream and sufficient sifted flour to form a cake batter. Pour into an oblong greased cake pan and bake about twenty minutes in a moderate oven, covering when cold with a chocolate frosting.

SOUTHERN TOMATO SOUP

To a plain tomato soup made without stock add just before serving two tablespoonfuls of freshly grated horseradish, one teaspoonful of vinegar and one-fourth cupful of boiled macaroni, cut in rings.

VEAL CUTLET BAKED

Remove bone and carefully trim a cutlet of veal. Place in a buttered baking dish on a thinly-sliced onion. Add one cupful of stewed and strained tomato, one tablespoonful each of minced green pepper and parsley, one-half teaspoonful of salt, one-fourth teaspoonful of paprika and a few grains pepper. Bake half an hour. Remove to a hot platter, and pour over it the sauce from pan.

POTATO PUFFS

Season two cupfuls of cold mashed potatoes with salt, pepper, celery salt and chopped parsley. Add the beaten yolk of one egg and sufficient flour to make it of the consistency to roll on a well-floured board. It should be one-half inch thick. Cut in circles four inches in diameter; place one tablespoonful or more of well-seasoned, chopped cold meat, moistened slightly with gravy or stock, upon one-half of each, moisten edges with cold water, fold, press together, and fry in deep fat. Serve hot.

ORANGE AND GRAPE JUICE FRAPPE

See Page 213

AUGUST

TUESDAY

BREAKFAST

Peaches and Cream ‡

Poached Eggs *

Toast *

Milk ‡

Jelly ‡

Coffee * *

LUNCHEON

Veal Dandy *

Grape Salad ‡

Princess Cream * ‡

Milk ‡

Iced Tea *

DINNER

Mushroom Soup ‡ *

Pickles ‡

Spanish Fricassee of Chicken *

Corn Fritters ‡

Baked Potatoes ‡

Brazil Salad ‡ *

Strawberry Compote ‡

Milk ‡

Coffee *

VEAL DANDY

Season a pan with butter, salt and pepper, and a little sage (use but a little to give the mere suggestion of its flavor.) Then place in the pan tiny strips of thinly cut fat salt pork, then about a pound and a half of veal steak, which has been cut thick and from which all outer edge and bone have been removed; season again and place more strips of pork—(a half pound of pork is enough)—add a good inch of water; start cooking in the hot oven as usual then turn the fire low. If this is rightly cooked the veal should be a deep rose color, very tender, and no trace of pork remaining.

PRINCESS CREAM

Whip one pint of cream, add sugar, and flavor with vanilla. Grate some stale cake (sponge cake preferably) and moisten slightly with milk or water. Take a glass bowl, put in a layer of the cream, and then a layer of the cake crumbs, putting little pieces of jelly on top of the cake, then another layer of cream, and so on; the top layer should be of cream decorated with jelly.

MUSHROOM SOUP

Add one tablespoonful of beef extract to one quart of water. Thicken with two tablespoonfuls of flour, stirred into two tablespoonfuls of melted butter. Let simmer, stirring; add one can of mushrooms (cut in slices) with their liquor. Heat one quart of cream in double boiler. Add just before serving and season to taste.

SPANISH FRICASSEE OF CHICKEN

Cut up a chicken or fowl, weighing about four pounds, in pieces for serving, put in kettle with five cupfuls water and simmer until chicken is tender. Remove meat, cool, then roll each piece in seasoned flour and fry a delicate brown in fat. Wash and cook in the liquor one cupful of rice, (which has been fried in two tablespoonfuls of butter,) with one tablespoonful each of onion and red and green pepper. Add one teaspoonful of salt, one-eighth teaspoonful of pepper. When rice is tender turn on to a platter, and on it arrange the pieces of chicken. Garnish with parsley.

CORN FRITTERS

To one can of corn add the beaten yolk of two eggs and one cupful of flour which has been sifted with one teaspoonful of baking powder, two teaspoonfuls of salt, and one-third teaspoonful of paprika. Beat well together then add two tablespoonfuls of finely chopped parsley. Fold in the stiffly beaten whites of two eggs. Cook in a frying pan, preferably in bacon fat, dropping a large tablespoonful in the pan. Fry golden brown on each side and serve garnished with strips of bacon.

AUGUST

WEDNESDAY

BREAKFAST

Grapes †
 Fruit Omelet * †
 Toast *
 Milk †
 Jam †
 Coffee *

LUNCHEON

Beef Fritters *
 Cauliflower Bouquet †
 Orange Pie † *
 Milk †
 Tea *

DINNER

Cream of Peanut Soup * †
 Radishes †
 Rabbit Pie *
 Eggplant au Gratin †
 Romaine Salad †
 Frozen Peach Shortcake * †
 Milk †
 Coffee *

BEEF FRITTERS

Chop enough cold roast beef after freeing it from fat and gristle to fill a cup, add to it one grated onion, a teaspoonful of chopped tarragon leaves, a teaspoonful of mustard sauce, a teaspoonful of Worcestershire sauce, a quarter saltspoonful of pepper, a saltspoonful of salt, and whip it light with the white of one egg beaten stiff. Add it to the batter as quickly as it is light, mix thoroughly, and fry at once.

CAULIFLOWER BOUQUET

Select one large perfect cauliflower and boil until tender, but not soft enough to break; drain it and set it to cool. Arrange in the salad bowl a lining of well-washed red and green beet leaves; place the cauliflower in the center; cover with remoulade dressing made of one beaten raw egg, a tablespoonful of vinegar, a teaspoonful of mustard, three tablespoonfuls of olive oil and a teaspoonful of chutney syrup. Garnish with little carrot roses that have been marinated in lemon juice and sugar for half an hour, and put in the center of each a little bit of chopped red pepper.

CREAM OF PEANUT SOUP

Put one quart of milk into a double boiler and add to it the juice of one onion, a bay leaf, a half cupful of chopped celery, a quarter saltspoonful of pepper, a half teaspoonful of salt and half a pint of peanut butter. Cook until all is smooth, then thicken with a tablespoonful of cornstarch mixed in a little cold water. Serve hot with toasted croutons. This will serve four people.

RABBIT PIE

Cut up one young rabbit in pieces, removing carefully the large bones. Line a deep pudding dish with good pie crust and put in a layer of the meat, a layer of thinly sliced hard-boiled egg, a grated onion and a little diced ham; dust lightly with pepper and salt, a grating of nutmeg, and continue in this fashion until the pie dish is filled. Pour over the top one-fourth cupful of melted butter and a cupful of water, to which a tablespoonful of chutney syrup, a teaspoonful of Worcestershire sauce and a tablespoonful of tomato ketchup have been added. Put on the top crust, leaving a large steam vent in the center, and bake an hour and a half.

FROZEN PEACH SHORTCAKE

Make two thin layers of rich cup cake, the same as for layer cake. Have ready a quart of frozen peaches, spread one of the layers thickly with the peaches, put on the other layer, and spread it thinly with frozen fruit, heaping whipped cream on top. Save enough of the peach juice before freezing to make a small tureen of peach syrup to serve with the shortcake. Serve immediately after putting together.

AUGUST

THURSDAY

BREAKFAST

Melon †
Egg Toast *
Marmalade †

Milk †

Coffee *

LUNCHEON

Minced Veal Cutlet *
Watercress and Hard-Boiled Egg Salad * †
Raspberry and Currant Ice †
Tea *

DINNER

Pea Soup †
Young Onions †
Lamb and Vegetables, Casserole * †
Radish Salad †
Peaches with Marshmallow † *
Coffee *

MINCED VEAL CUTLET

One and one-half pounds of knuckle of veal, one and one-half teaspoonfuls salt, pepper to taste, one cupful white sauce, two eggs, one tablespoonful finely chopped parsley, one-quarter teaspoonful powdered mace. Breadcrumbs.

Put the veal on to boil in very little water, add salt, pepper and small onion. Boil slowly until tender (the water must boil away.) Put the meat through food chopper; add the white sauce, chopped parsley, mace and a well-beaten egg; mix well. Spread on platter and set in cold place for two or three hours. (This can be made the day before.) Take a tablespoon into floured hands and shape into cutlets. When all are shaped, dip into well-beaten egg (one egg and one tablespoonful of milk,) then into bread crumbs. Fry in very hot oil until browned nicely.

RASPBERRY AND CURRANT ICE

Two cupfuls red raspberries, one quart ripe red currants, two cupfuls sugar, four cupfuls water.

Wash the currants; put in saucepan with two cupfuls of water; boil five minutes; mash through strainer. Put the raspberries on with one cupful of water; bring to a boil; mash through strainer, then add the currant juice, sugar and water. Boil two minutes. When cold pour in freezer and freeze.

LAMB AND VEGETABLE CASSEROLE

One pound lamb chops, four cupfuls carrots, one cupful small onions, two cupfuls small potatoes, one teaspoonful salt, one-eighth teaspoonful pepper, one tablespoonful flour, one tablespoonful caramel, one tablespoonful chopped parsley, two tablespoonfuls butter.

Wash, scrape and cut the carrots into one-half inch rounds and put onions (not cut) into casserole with the butter and one cupful water; put in oven thirty minutes, place the chops on top of the carrots and onions. Sprinkle with salt, flour and pepper and add a cupful of hot water; cover and place in hot oven one hour. Add caramel and sprinkle top with parsley and serve in casserole dish.

WATERCRESS AND HARD-BOILED EGG SALAD

Four hard-boiled eggs, one bunch watercress, a few lettuce leaves, one cupful salad dressing.

Line a salad dish with shredded lettuce, wash and clean the watercress and make a bed of it on the lettuce; slice the whites of eggs very fine and place on top of watercress. Press the yolks of eggs through potato ricer or strainer and sprinkle over top. Serve with a boiled dressing or dressing of choice.

PEACHES WITH MARSHMALLOW

Three cupfuls crushed peaches, four halves of peaches, one-half cupful marshmallow whip, one-quarter cupful sugar.

Wash, pare and crush about six peaches, enough to make three cupfuls; add sugar, put in glass bowl and lay the four halves of peaches, which have been pared, stone side up, on top of crushed peaches; sprinkle the halves with a little sugar; cut the marshmallow in small pieces with scissors and sprinkle over top; have all ice cold.

AUGUST

FRIDAY

BREAKFAST

Peaches and Cream ‡

Ham Omelet *

Toast *

Milk ‡

Jam ‡

Coffee *

LUNCHEON

Roasted Squab Breasts *

Cheese Salad Mold ‡

Frozen Siberian Punch ‡

Milk ‡

Tea *

DINNER

Oyster Bouillon *

Chow Chow ‡

Halibut Scallops *

Sauce Tartare *

Brussels Sprouts ‡

Brown Potatoes ‡

Grapefruit and Avocado Salad ‡

Caramel Cream Jelly ‡

Milk ‡

Coffee *

ROASTED SQUAB BREASTS

Clean a squab, cut off wings close to breast, remove skin, cut through the ribs to the shoulder bone, and separate breast bone with breast from the back of bird. Wipe with a damp cheesecloth and insert three small lardoons in each breast. Wash the body bones well and put on to cook in cold water with a bit of bay leaf, a few slices of carrot, one onion sliced, a sprig of parsley, a celery stalk, and salt and pepper. Make a brown sauce of this stock to serve with the birds.

Sprinkle birds with salt and pepper, dredge lightly with flour, pour over a little of the brown stock, and bake fifteen minutes in a hot oven. Place them in a platter around a mound of hot ripe olives which have been heated in their liquor, and drained at the last moment.

CHEESE SALAD MOLD

Parboil a green pepper with a pinch of soda. Cut into small pieces. Cut pimiento into pieces of same size. Soften one-half tablespoonful of gelatine in one-half tablespoonful of cold water, dissolve it in one tablespoonful of boiling water, and add to one-half cupful of cottage cheese moistened with two or three tablespoonfuls of milk. Then fold in half a cupful of heavy cream which has been beaten stiff and two tablespoonfuls of red and green peppers. Season to taste with salt and cayenne. Chill in small molds which have been brushed over with olive oil. Turn out on slices of tomato which have been dressed with French dressing; garnish with one or two heart leaves of lettuce.

FROZEN SIBERIAN PUNCH

Boil for five minutes one and one-half cupfuls of sugar and water. Cool and add one cupful of lemon, orange and pineapple juice. Color a delicate pink with color paste. Add half a cupful of glace fruits cut small using equal parts of cherries, green plums, apricots or pineapple. Freeze and serve in glasses.

OYSTER BOUILLON

Chop one pint of oysters, add to their liquor, and cook slowly five minutes. Add three cupfuls of hot water, a small blade of mace and one-fourth teaspoonful of celery salt. Bring to the boiling point and strain through double thickness of cheesecloth. Reheat and serve in cups with a spoonful of whipped cream. Garnish cream with a shake of paprika. It may be necessary to season with salt, but oysters when fresh will often be sufficiently salt in themselves.

AUGUST

SATURDAY

BREAKFAST

Cassaba ‡
 Bacon and Eggs, Country Style *
 Pancakes * Maple Sap ‡
 Milk ‡ Coffee *

LUNCHEON

Russian Meat Cakes *
 Beet and Lettuce Salad ‡
 Blackberry Pie * ‡
 Orange Cup ‡

DINNER

Consomme, Xavier *
 Celery ‡
 Veal Stew, with Dumplings *
 Zucchini Apple and Nut Salad ‡
 Strawberry Washington Pie * ‡
 Milk ‡ Coffee *

RUSSIAN MEAT CAKES

Cover one cup of bread crumbs with water, let stand 10 minutes and squeeze dry. Finely chop two pounds of round steak and two thirds of a cup of kidney fat; mix with these the bread crumbs, one teaspoon of salt, and half a teaspoon of paprika; divide the mixture into twelve even-sized balls, flatten out and cover with sifted bread crumbs. Heat half a cup of butter in a large frying pan, lay in the meat cakes and cook a nice brown on both sides. Lift out the meat cakes to a hot platter. Add to the pan one cup of sour cream, boil up and strain over the meat cakes.

CONSOMME, XAVIER

Mix four tablespoons of melted butter with four tablespoons of grated Parmesan cheese, half a cup of milk, half a cup of sifted flour, and a seasoning of salt, paprika and nutmeg; place in a double boiler and cook, stirring constantly, until it starts to thicken. Remove from the fire and beat in one unbeaten egg and one egg yolk. Beat three minutes and drop from a teaspoon into two quarts of boiling beef stock. When the balls are cooked lift out and place in a soup tureen, add to the stock one tablespoon of grated Parmesan cheese and pour over the balls.

WASHINGTON PIE

Beat four tablespoons of butter to a cream and beat into it slowly three-quarters of a cup of sifted sugar, add two well-beaten egg yolks and beat three minutes. Add two teaspoons of lemon juice and one and a half cups of sifted flour sifted with two and a half teaspoons of baking powder and a few grains of salt; beat three minutes, add the stiffly beaten whites of two eggs, pour into two buttered and floured layer cake pans and bake twenty minutes in a moderate oven. Cool and spread between the layers a mixture made by beating two-thirds of a cup of strawberry jam with one tablespoon of melted butter and one tablespoon of orange juice. Dust the top with powdered sugar and serve.

AUGUST

SUNDAY PICNIC

BREAKFAST

Cantaloupes ‡
Eggs and Bacon *
Toast *
Milk ‡
Jelly ‡
Coffee *

PICNIC

Pressed Chicken Sandwich *
Egg Sandwich *
Chicken Surprise Sandwich *
Imitation Pate de Foie Gras Sandwich *
Bohemian Sandwich *
Cottage Sandwich *
Almond Sandwich *
English Walnut Sandwich *
Sardine Sandwich *
Maple Sugar Sandwich *

LEMONADE

Grape Juice Lemonade ‡
Italian Lemonade ‡
Strawberry Lemonade ‡

PRESSED CHICKEN SANDWICH

Boil fowl until tender; remove bones and skin; chop fine; season with salt, pepper and sage to taste. Mix one teaspoonful of mustard with a tablespoonful of vinegar, heat and pour over chicken, with some of the broth, and press in earthen dish. When cold and ready for use, slice and place between thin, lightly buttered bread with a crisp lettuce leaf between.

IMITATION PATE DE FOIE GRAS SANDWICH

Saute half a chopped onion in butter until brown; add one-half dozen chicken livers, cover with seasoned chicken stock, and let simmer until tender, mash the livers fine and press through a sieve, season with salt, paprika, mustard and a dash of curry powder. Put this paste in a cup, pour melted butter over top; when cold, remove the butter and cut in thin slices; place between thin slices of white bread. Garnish with a pickle.

BOHEMIAN SANDWICH

On thin slices of lightly buttered graham bread, spread a thin layer of mustard; on top of that spread a layer of cottage cheese, then a layer of olives that have been chopped fine and mixed with a little mayonnaise dressing. Cover with another slice of bread and press together. Cut in strips and serve on a lettuce leaf.

COTTAGE SANDWICH

Cut slices of brown bread, do not remove crusts; rub half a pint of cottage cheese to a smooth paste, then press it through a fine sieve. Add two tablespoonfuls of melted butter, slowly beating the while, add half a teaspoonful of salt and two tablespoonfuls of thick cream; spread each slice of the bread with mixture; cover with another thin slice of white bread and on top of that another thin layer of cheese; place a slice of brown bread on top and trim into shape. Garnish with an olive.

ALMOND SANDWICH

Cut white bread in rounds and lightly butter, put on a layer of finely chopped almonds, add a sprinkling of salt and a dash of lemon juice; cover with another round of bread and press a blanched nut in the center. Serve on a lettuce leaf.

MAPLE SUGAR SANDWICH

On thin slices of lightly buttered white bread spread maple sugar, put slices together and cut with a maple leaf cutter. Serve with hot coffee.

GRAPE JUICE LEMONADE

Three lemons, one pint grape juice, one and one-half pints of water, one cupful of sugar.

Place a small square of ice in a tall glass pitcher; mix the lemon juice, sugar, water and grape juice together, pour into the pitcher; allow to become thoroughly chilled and serve.

AUGUST

MONDAY

BREAKFAST

Raspberries ‡
 Bachelor's Omelet *
 Toast *
 Milk ‡
 Apricot Jelly ‡
 Coffee *

LUNCHEON

Italian Cutlets *
 Endive and Roquefort Cheese Salad ‡
 Biscuits *
 Cherry Puffs * ‡
 Tea *

DINNER

Corn Puree *
 Radishes ‡
 Veal and Ham Pie *
 Spinach Souffle * ‡
 Olive Salad ‡
 Blackberry Beaumont ‡
 Coffee *

ITALIAN CUTLETS

Take three pounds of the neck of lamb, cut the meat into nicely shaped cutlets, flatten them and cut off some of the fat, dip them in melted butter, then in the beaten yolk of an egg. Mix well together four tablespoonfuls of bread crumbs, one tablespoonful of savory herbs, one tablespoonful of minced parsley, one teaspoonful of minced shallot, one saltspoonful of finely chopped lemon peel, salt and pepper, and roll the cutlets in the ingredients. Fry them a delicate brown in hot fat. Remove from the pan, then dredge into the grease they have been fried in a little flour, and when it begins to brown pour in a cupful of hot stock; add a tablespoonful of chutney, two teaspoonfuls of Tarragon vinegar, a wineglassful of cider; then allow it to boil up, stirring it smooth. If the gravy should not be thick enough add a little bit more flour; then pour around the cutlets. Garnish with fried red peppers and cress.

ENDIVE AND ROQUEFORT CHEESE SALAD

In making the salad, after washing the endive, loosen the center leaves and stuff with Roquefort cheese which has been mashed soft, with a little French dressing. Serve sliced on dark-green lettuce leaves with French dressing.

CHERRY PUFFS

Mix well two cups of flour with one and a half teaspoons of baking powder and a generous pinch of salt; make into a soft batter with milk. Butter well as many little cups as are needed and in the bottom of each place a teaspoonful of pitted cherries that have been dusted with sugar, then a tablespoonful of the batter, another of the cherries and another of the batter. Set the cups in a steamer and steam twenty minutes, turn out and serve with a hot vanilla pudding sauce.

VEAL AND HAM PIE

Cut two pounds of veal cutlets into small pieces and put a layer in the bottom of the dish. Sprinkle over them a mixture of pepper, salt, a dash of nutmeg, two tablespoonfuls of savory herbs, a strip of lemon peel finely chopped, and the yolks of two hard-boiled eggs. Cut two pounds of boiled ham very fine and add in alternate layers until the dish is full, the top layer to be of ham. Add one cupful of water and the top crust and bake in a moderate oven from one to one and a half hours.

SPINACH SOUFFLE

Take bunches of spinach, trim and wash it thoroughly, then boil in plenty of water, a pinch of salt. When done remove the spinach from the water into a strainer with a skimmer; this will leave any extra sand at the bottom of the kettle. When drained, chop the spinach very fine and add to it four well-beaten eggs, a saltspoonful of pepper, half a teaspoonful of salt, a dessert spoonful of melted butter, and a quarter of a cupful of cream. Mix well, put in well-buttered souffle dishes, or large ramekins, and bake ten minutes.

AUGUST

TUESDAY

BREAKFAST

Casaba Melon ‡

English Eggs.*

Toast *

Milk ‡

Marmalade ‡

Coffee *

LUNCHEON

Chicken a la King *

Tomato Jelly Sauce ‡

Grandmother's Strawberry Shortcake *

Tea *

DINNER

Lettuce Soup ‡

Ripe Olives ‡

Ham Timbales *

Corn Fritters *

Potatoes ‡

Cucumber Salad ‡

Ivory Cream ‡

Coffee *

CHICKEN A LA KING

Melt two tablespoonfuls of butter and saute in this half of a green pepper, with seeds and midribs removed and chopped fine and one cupful of fresh mushrooms or canned, carefully peeled and broken in pieces. Add two tablespoonfuls of flour and cook until the flour is smooth, but not browned. Add two cupfuls of cream, then put where it will simmer only and cook until the sauce is thickened and the flour thoroughly cooked. Add three cupfuls of cooked chicken, cut in dice, and put the mixture over hot water in a double boiler, beat one-fourth cupful of butter to a cream, add three egg yolks, one at a time, beating steadily. Stir this into the hot chicken and stir carefully until the egg thickens. Be careful not to cook too rapidly, for the sauce should be smooth. Season with onion juice, a few drops of lemon juice, salt, and a half a teaspoonful of paprika. Serve at once on toast.

GRANDMOTHER'S STRAWBERRY SHORTCAKE

Stem two boxes of strawberries. Reserve one cupful of the nicest berries for the top of the shortcake. Mash the remainder, add one-half cupful of sugar, and stir a minute to dissolve the sugar. Sift two cupfuls of flour with a half teaspoonful of salt and four level teaspoonfuls of baking powder. Rub in one tablespoonful of butter, and add enough milk just to moisten. Knead quickly, and roll out in the shape of the pan in which it is to be baked. Brush with milk, and bake in a quick oven for twenty minutes. Pull it apart without cutting—you can do this easily with two forks. Remove a portion of the crumb from the center, butter both pieces, place the bottom on the serving dish, pour over the mashed berries, put on the top, garnish it neatly with the whole berries, dust thickly with powdered sugar, and send to the table with a pitcher of cream.

LETTUCE SOUP

Remove the hearts from two heads of lettuce and reserve for salad. Finely chop the outside leaves and cook in two tablespoonfuls of butter ten minutes. Add one quart of the liquor in which a fowl has been cooked, one-half an onion, two cloves, one-half tablespoonful of sugar, one-half teaspoonful of salt, and a few gratings of nutmeg. Cook slowly one hour, and add three tablespoonfuls each of butter and flour, which have been rubbed to a paste. Cook five minutes, add one cupful of rich milk, let boil up at once, season to taste, rub thorough a sieve and serve at once.

IVORY CREAM

Scald one pint of thin cream; add three-fourths cupful of sugar and one tablespoonful of gelatin, which has been soaked in one-fourth cupful of cold water. Cool, add one teaspoonful of vanilla, and as it begins to stiffen, fold in one cupful of cream, beaten until stiff. Mold, and serve garnished with whipped cream and use blackberries for both sauce and garnish.

AUGUST

WEDNESDAY

BREAKFAST

Strawberries †
Eggs with Ham *
Toast *
Milk †
Marmalade †
Coffee *

LUNCHEON

Chile Rellenos * †
Lettuce Salad, Hungarian † *
Framboisine † *
Milk †
Tea *

DINNER

Cream of Chicken *
Spiced Pickles †
Beef Pot Roast *
Mashed Potatoes †
Utah Salad, Tango Dressing †
Ice Cream in Cantaloupes †
Coffee *

CHILE RELLENOS

Roast six bell peppers until the skin will peel off; make an incision, remove the seeds and veins and fill with a mince made of two cupfuls of chopped cold meat, a chopped onion fried, half a cupful of blanched almonds, chopped, and two thick slices of bread soaked in cream, salt and paprika. Beat the whites of two eggs; add the yolks and beat again; dip the peppers in flour and then in the egg and fry in deep hot fat.

LETTUCE SALAD, HUNGARIAN

Cut in dice several slices of fresh fat pork, or bacon, and fry until crisp. Drain and sprinkle over crisp lettuce leaves, mixed with French dressing. Stew with a tablespoonful of finely chopped chives and serve.

FRAMBOISINE

Toast six thick slices of bread, spread them thickly with butter and place in a pudding dish in layers. Sweeten two baskets of raspberries with a cupful of sugar, bring to the boiling point and rub through a sieve; then pour the juice over the bread. Bake about twenty minutes and serve with cream. Currants or any kind of berries can be used in the same way.

CREAM OF CHICKEN

Melt one tablespoonful of butter, add two tablespoonfuls of flour, and when thoroughly blended, three cupfuls of chicken stock. Season to taste, add one cupful of boiling cream, and serve.

UTAH SALAD, TANGO DRESSING

Six pieces lettuce, six slices tomatoes, one half-cupful pimiento cheese, one level teaspoonful chili sauce, one level tablespoonful chopped onion, one level tablespoonful chopped ripe olives, one level tablespoonful chopped parsley, one level teaspoonful salt, two-thirds of a cupful of Russian dressing.

Arrange the lettuce leaves on salad plates. Mix the cheese, chili sauce, onion, olives, parsley and salt. Spread some of this mixture over the slices of tomatoes. Arrange these prepared tomatoes on the lettuce. Serve with Tango dressing.

TANGO DRESSING

Mix one teaspoonful of salt, one-half teaspoonful of black pepper, and a dash of cayenne; add three tablespoonfuls of vinegar and slowly one-third cupful of olive oil. Then add two tablespoonfuls of finely chopped parsley, two tablespoonfuls of pimiento cut in small pieces, and one teaspoonful of cut chives. Last of all, add two hard-boiled eggs, the yolks and whites chopped separately. Chill, beat well, and use.

AUGUST

THURSDAY

BREAKFAST

Pears and Cream ‡

Poached Eggs *

Toast *

Milk ‡

Marmalade ‡

Coffee *

LUNCHEON

Boiled Corned Tongue with Horseradish Sauce *

Frozen Fruit Salad ‡ *

Banana Cream Pie ‡ *

Milk ‡

Tea *

DINNER

French Potato Soup ‡

Dill Pickles ‡

Veal Rolls *

String Beans au Gratin ‡

Fried Potato Apples ‡

Orange Salad ‡

Frozen Apricots ‡

Milk ‡

Coffee *

BOILED CORNED TONGUE

Boil a corned tongue as usual and while warm, but not hot, cut into neat slices. Serve with a hot cream sauce to which has been added grated fresh horseradish root to taste.

Sauce: Melt two tablespoonfuls of butter, add three tablespoonfuls of flour, and when smooth, add one cupful of milk and two tablespoonfuls of cream. Then add grated horseradish root according to the strength liked (about two tablespoonfuls and salt to taste).

FROZEN FRUIT SALAD

Mash one-fourth of a cream cheese (about two tablespoonfuls) and blend slowly with one-fourth cupful of stiff mayonnaise. Fold this mixture into half a cupful of heavy cream which has been beaten stiff. Then add three-fourths cupful of white grapes which have been skinned and seeded, three-fourths cupful of small pieces of canned pineapple, also a pinch of salt and two teaspoonfuls of lemon juice. Pour into a pound baking powder tin and pack in ice and salt for two hours. Slice and serve on lettuce leaves.

BANANA CREAM PIE

Two cupfuls sliced bananas, one cupful sugar, one cupful cream, two level tablespoonfuls sugar, two level tablespoonfuls shredded cocoanut, one teaspoonful vanilla.

Mix the bananas, lemon juice and one-half cupful of sugar. Place in a baked pie shell. Mix the whipped cream, two tablespoonfuls of sugar, cocoanut and vanilla, and pile lightly on top of the banana filling. Cut in pie shaped pieces, and serve at once.

FRENCH POTATO SOUP

Cook three medium sized potatoes in salted boiling water until soft and rub them through a sieve. There should be two cups. Scald one quart of milk with two slices of onion, strain, and add milk slowly to the potatoes. Melt two tablespoonfuls of butter, add two tablespoonfuls of flour with which is mixed one-fourth teaspoonful of celery salt, one and one-half teaspoonfuls of salt, and one-eighth teaspoonful of pepper. Stir until well mixed and then add to hot soup. Cook a few minutes and add one teaspoonful of finely chopped parsley, two tablespoonfuls of chopped green pepper, dash of paprika, and one tablespoonful of grated fresh horseradish root.

FRIDAY

Raspberries with Cream †
Boiled Eggs *

Toast * Jelly †
Milk † Coffee *

Halibut with White Grapes *
Lettuce and Watercress †
French Dressing ‡
Rolls *

Pistachio Ice Cream with Peach Sauce ‡
Milk ‡ Tea *

Cream of Clams *
Celery ‡

Sole a la Bercy *
Lima Beans † Mashed Potatoes †
Orange and Date Salad †
Plum Pie *
Milk † Coffee †

Remove the fillets from one slice of fine halibut and season them with salt and white pepper. Place them in an enamel baking dish and pour over one-third cupful of white grapes and this sauce: two tablespoonfuls of butter, four tablespoonfuls of flour, one cupful of heavy cream or one-half cupful of heavy cream and one-half cupful of fish stock. Cover fish with buttered paper and bake in a hot oven about fifteen minutes. Then add one cupful of white grapes (skinned) and cook five minutes longer. Remove to serving dish, pour around the sauce and place a few uncooked grapes on top.

Into the freezer put two cupfuls of luke warm milk, two cupfuls of heavy cream, one cupful of sugar, one tablespoonful of vanilla, two teaspoonfuls of almond extract, and enough color paste to make a delicate green. Add two junket tablets dissolved in cold water and let set. Freeze and serve in glasses with peach sauce.

Peach sauce—Drain the syrup from a can of peaches. Measure syrup and heat. Thicken with one teaspoonful of arrowroot made smooth with two teaspoonfuls of cold water, boil five or six minutes and cool. Add one-third cupful of peaches cut small.

Skin and bone two large flounders, and cut into eight fillets. Put into a buttered pan, sprinkle with salt, pepper and lemon juice, and add one-fourth cupful white grape juice. Cover and cook fifteen minutes. Remove to serving dish, pour over Bercy sauce, sprinkle with finely chopped parsley.

Berry Sauce—Fry one tablespoonful finely chopped shallot in one tablespoonful butter five minutes; add two tablespoonfuls flour, and pour on gradually the liquor left in pan with enough white stock to make one cupful. Add two tablespoonfuls butter and salt and cayenne to taste.

One pound of dates and four large oranges. Separate dates, cover with boiling water, cook for three minutes. Drain, and when dried in the oven, cool. Stone and cut in halves lengthwise. Halve the oranges and cut out the sections of pulp. Arrange crisp lettuce leaves on plates, pile the oranges in the center and surround with dates. Serve with French dressing.

AUGUST

SATURDAY

BREAKFAST

Melon †
 Eggs Scrambled with Preserves *
 Toast * Jam †
 Milk † Coffee *

LUNCHEON

Ham Croquettes *
 Green Pepper Salad †
 Biscuits *
 Compote of Grapes †
 Milk † Tea *

DINNER

Okra Soup †
 Ripe Olives †
 Smothered Breast of Lamb *
 Lima Beans † Baked Sweet Potatoes †
 Apple and Celery Salad †
 Orange Pudding * †
 Milk † Coffee *

COMPOTE OF GRAPES

One pound of grapes, three-quarters pound of sugar, one-half cupful of water. Wash the grapes, then cut a slit in each one on the side and take out the seeds. Put the fruit in cold water and let it boil. Take off the fire and let it stand uncovered for a time. When cold lift them out with a skimming spoon. Put the grapes in clarified sugar, which has been well boiled almost to a thread, and let them boil up once. Skim them out and put in a dish. Boil the sugar to half the quantity in syrup, pour it over them and serve.

OKRA SOUP

Two pints of okra, six fresh tomatoes, two onions chopped fine, two table-spoonfuls of butter, three sprigs of thyme, one bay leaf, three quarts of water, salt and pepper to taste, a red pepper pod, without the seed.

Wash and stem the okra and then slice it very fine. Chop the tomatoes fine, being careful to preserve the juice. Chop the onions fine and fry them in the butter. Then add the chopped thyme, bay leaf, parsley and tomatoes and the pepper pod, and after letting it stew about five minutes add the okra, stirring constantly as it is apt to burn quickly. When well browned add the juice of the tomatoes. Then add the hot water and set it on the back of the stove and let it simmer well for about an hour and a half. Season to taste and serve hot, with croutons.

Okra must be cooked in a porcelain-lined pot, as iron or other metal tends to blacken it.

ORANGE PUDDING

Five large oranges, three-quarters pound butter, three-quarters pound of powdered sugar, one stale small sponge cake, six eggs.

Grate the rind of the oranges and squeeze out the juice after removing the seeds. Grate the inner meat. Beat the butter and sugar to a thick cream. Add this to the oranges, grated with the rind. Add the crumbled sponge cake to the mixture. Beat the whites of the eggs to a stiff froth and the yolks separately. Add them in order to the mixture. Place in a moderately quick oven and let it bake for about a half hour. When done let it cool slightly. Place a meringue on top and set back to bake two minutes more. Serve cold.

AUGUST

SUNDAY

BREAKFAST

Pears and Cream †
 Omelet with Parsley *
 Waffles * Maple Syrup †
 Milk † Coffee *

DINNER

Avocado Canape † *
 Salted Nuts †
 Parsnip Puree †
 Roast Pork *
 Baked Bananas †
 Glazed Sweet Potatoes †
 Orange Salad †
 Milk † Cafe Parfait † Coffee *

SUPPER

Bavarian Sandwiches † *
 Buttermilk †

AVOCADO CANAPE

See page 270

PARSNIP PUREE

Pare and boil six good-sized parsnips until soft enough to mash, drain and put them through a puree sieve; add one cupful of milk in which a teaspoonful of cornstarch has been dissolved, two tablespoonfuls of melted butter, pepper, salt and a teaspoonful of sugar; mix smooth, add a half-pint of cream and let boil up once, stirring carefully; then add a half-pint of hot cream. It is then ready to serve. Use toast squares that have been fried in butter and drained and rub the inside of the tureen with a little piece of garlic.

ROAST PORK

Select a loin pork weighing six or seven pounds and containing the tenderloin, have the butcher score it and place it in the roasting pan, dusting lightly with a little pepper and salt, or turning over it a quarter of a cupful of honey mixed with a half cupful of boiling water. If the pork is very lean it should be rubbed over with olive oil before roasting, but its own fat is usually sufficient. Baste it often. A six or seven-pound loin should roast from two and a half to two and three-quarter hours.

BAKED BANANA

Pare enough bananas to allow one to a portion. Put them in a buttered pie plate with a generous piece of butter on each, dust lightly with pepper and salt and turn over them a half cupful of honey and a quarter cupful of boiling water. Cover and bake in the oven for fifteen minutes; uncover and bake until they are a delicate brown.

Another way of baking bananas is to take off a strip of the peel lengthwise and then lay the bananas in a buttered baking pan; into the top of each a little melted butter that has been seasoned with lemon juice and a teaspoonful of chutney syrup. Let them bake for twenty minutes. When done they may be served in the shells or be very easily removed from the skins and a little melted butter turned over each portion.

CAFE PARFAIT

Pour one pint of boiling water over eight tablespoonfuls of ground coffee. Let it stand for ten minutes, then add three-quarters of a cupful of sugar, and one-half pint of warm milk. When cool strain and add one-half pint of heavy cream and freeze. Fill parfait glasses, adding a tablespoonful of whipped cream to the top of each and garnish with a fresh strawberry.

BAVARIAN SANDWICHES

Boil one firm head of cauliflower until tender, though it should not be allowed in any way to fall apart. When cold slice it in thin slices, dredge with flour and fry in very hot butter until a delicate brown. Sprinkle with pepper and salt and put on blotting paper to drain. When cold spread on thin slices of brown bread with fresh butter and cut wedge shaped.

AUGUST

MONDAY

BREAKFAST

Sliced Peaches and Cream †
 Coddled Eggs *
 Toast * Plum Marmalade *
 Milk † Coffee *

LUNCHEON

Macaroni and Cheese Boston *
 Italian Salad † *
 Watermelon †
 Iced Tea *

DINNER

Avocado Cocktail † Moana Olives †
 Boiled Beef Tongue, Tomato Sauce *
 Fresh String Beans † Potato Cakes †
 Fruit Salad †
 Devil's Food a la Mode * †
 Milk † Coffee *

PLUM MARMALADE

Split five pounds of washed plums, place in a preserving kettle, add one cupful of water and simmer until soft; rub through a colander to remove the stones and add to them one and a half cupfuls of sugar, six peeled, cored and sliced apples, and the strained juice and grated rind of one orange. Cook and stir slowly until thick and smooth. Pour into hot glasses and seal.

MACARONI AND CHEESE

Plunge half a pound of broken macaroni into boiling water, add one tablespoonful of butter and cook fifteen minutes, add one teaspoonful of salt and cook until tender, drain well and keep warm. Place in a saucepan one cupful of meat stock, one cupful milk, one bay leaf and half a cupful of sliced onion; bring to a boil and strain into a clean saucepan; blend six tablespoonfuls of butter with three tablespoonfuls of flour, add the strained stock and stir and cook until it boils; add to the sauce the cooked macaroni, half a cupful of chopped, cooked ham, two-thirds of a cupful of grated American cheese, and a seasoning of salt and pepper. Pour into a buttered earthenware baking dish, cover with grated crumbs and cheese, dot with bits of butter and bake in a moderate oven fifteen minutes.

TOMATO SAUCE

Place in a saucepan four tablespoonfuls of butter, add one peeled and sliced carrot, one peeled and sliced onion, one peeled and sliced turnip, two cupfuls of peeled and sliced tomatoes, four whole pepper corns, one blade of mace, one bay leaf and six branches of parsley; stir and cook ten minutes, add four level tablespoonfuls of sifted flour and one cupful of the tongue stock; stir and cook until it comes to a boil, add a seasoning of salt and simmer forty minutes; rub through a sieve, reheat and serve.

POTATO CAKES

Place in a frying pan four tablespoonfuls of butter, add one slice of onion and cook until the onion is golden brown; skim out the onion and lay in the pan cold mashed potatoes made into round cakes half an inch thick. Brown nicely on both sides and serve hot.

AUGUST

TUESDAY

BREAKFAST

Cassaba Melon †
Poached Eggs on Toast *
Orange and Peach Jam †

Milk †

Coffee *

LUNCHEON

Lamb Hash, Mabelle *
Hot Rolls *
Cress and Orange Salad †
Apricot Pie * †
Iced Coffee *

DINNER

Raspberry Soup †
Radishes †
Veal Kidney Roast *
Creamed Carrots † Mashed Potatoes †
Lettuce and Cress Salad †
Russian Dressing †
Peach Cobbler * †

Milk †

Coffee *

ORANGE AND PEACH JAM

Peel, seed and remove the white part from twelve oranges, place in an earthenware bowl, nearly cover with boiling water and let stand over night. Wash five pounds of firm ripe peaches, place in an earthenware bowl, nearly cover with boiling water, and let stand over night. Place the oranges in a preserving kettle with the liquor; peel and seed the peaches, add to the oranges with the water they were soaked in. Bring slowly to a boil and simmer thirty minutes. Measure, add an equal quantity of sugar and boil until thick, stirring often. Pour into hot, clean glasses and seal.

LAMB HASH

Place in a double boiler half a cupful of Tarragon vinegar, half a cupful of currant jelly and one cupful of tomato catsup; heat, add three cupfuls of cooked lamb cut in small dice, season with salt and paprika and cook twenty minutes. Pour over squares of buttered toast and sprinkle with chopped parsley.

RASPBERRY SOUP

Mix two quarts of cleaned raspberries with two cupfuls of sugar, mash and let stand two hours, rub through a sieve into a clean saucepan; heat slowly, stirring constantly, and when it reaches a boil add one tablespoonful of cornstarch dissolved in four tablespoonfuls of cold water. Stir and cook until thick and clear, add one cupful of orange juice and cool. To serve fill consomme cups half full of shaved ice and fill with the soup.

VEAL KIDNEY ROAST

Have the butcher leave the kidney in a loin of veal, roll, tie, season with pepper and salt and place in a baking pan covered with one sliced onion, one sliced carrot, one bay leaf, two whole cloves and two tablespoonfuls of butter; place in a hot oven for ten minutes and reduce heat to moderate oven and finish baking, baste often. When done remove the meat to a hot platter, add half a cupful of boiling water to the pan, simmer five minutes and strain over the roast.

PEACH COBBLER

Fill a shallow baking pan with sliced peaches, sprinkle with sugar, dot with bits of butter, cover with a short biscuit, cut two gashes in the crust and bake in a moderate oven. Serve with a peach custard sauce.

AUGUST

WEDNESDAY

BREAKFASTCantaloupe ‡
Bacon Omelet *
Toast *

California Marmalade ‡

Milk ‡

Coffee *

LUNCHEONBroiled Lamb Chops *
Chip Potatoes ‡
Orange and Chicory Salad ‡
Cherry Pie * ‡

Milk ‡

Iced Tea *

DINNERPimiento Consomme *
Radishes ‡
Chicken Country Captain *
Buttered Wax Beans ‡
Steamed Rice *
Celery and Green Pepper Salad ‡
Chocolate Mousse ‡
Sponge Drops *

Milk ‡

Coffee *

CALIFORNIA MARMALADE

Cut one dozen thin-skinned oranges in quarters lengthwise, remove all seeds and cut in thin slices; place in an earthenware dish and add to them three finely sliced seeded lemons. Measure the sliced fruit and to every two cupfuls add three cupfuls of water and let stand in cool place overnight. Place in a preserving pan, bring to a boil and boil forty-five minutes. Return to the earthenware crock and let stand overnight. Measure into the kettle and add for two cupfuls of pulp three cupfuls of sugar, stir well, add the strained juice of two lemons and stir and boil forty-five minutes; be careful not to burn. Pour into jars, cool and cover with paraffin.

CONSOMME PIMIENTO

Place six cupfuls of clear consomme in a saucepan, add to it the whites of two eggs mixed with three finely chopped and mashed pimientos; bring to a boil and simmer gently for twenty minutes. Strain through a folded napkin into a clean saucepan. Add one cupful of diced avocado meat, heat, season with salt and paprika and serve in cups.

CHICKEN, COUNTRY CAPTAIN

Cut a three-pound tender chicken in twelve even sized pieces. Heat two tablespoonfuls of butter in a saute pan, add the chicken and brown lightly, cooking ten minutes; add one finely chopped green pepper, one finely chopped clove of garlic and one chopped onion; stir and cook ten minutes, add one cupful of hot water, one teaspoonful of salt, two teaspoonfuls of curry powder, half teaspoonful of paprika, mix well, add six peeled and finely chopped tomatoes, one teaspoonful of finely chopped parsley and one-quarter of a teaspoonful of thyme. Mix well, cover and simmer in the oven for forty-five minutes. Remove from the oven and stir in two-thirds of a cupful of blanched and toasted almonds and four tablespoonfuls of seedless raisins; cook five minutes and serve in a border of steamed rice; cover the top with strips of thin crisp fried bacon and serve with it chutney, chopped hard-boiled eggs, toasted Bombay duck and chopped spiced pickles.

CHOCOLATE MOUSSE

Place in a saucepan four grated squares of chocolate, one cupful of water; half a cupful of sugar and one tablespoonful of vanilla extract; stir over a slow fire until thoroughly dissolved; remove from the fire and cool. Beat one cupful of thick cream to a stiff froth and fold in gently to the chocolate mixture, pour into a mold, cover tight and bury in two parts of fine ice and one part rock salt for two hours. Wash off the mold, dry, unmold the mousse onto a cold plate and serve.

AUGUST

THURSDAY

BREAKFAST

Baked Pears and Cream †

Ham Omelet *

Toast *

Milk †

Grape Marmalade †

Coffee *

LUNCHEON

Club Sausage with Fried Bananas *

Combination Vegetable Salad †

Hot Rolls *

Lemon Cream Pie *

Iced Tea *

DINNER

Carrot Soup, Dutch Style † *

Radishes †

Braised Beef, Raisin Sauce *

String Beans †

Potato Croquettes †

Compote of Peaches †

Nut Cookies † *

Milk †

Coffee *

CARROT SOUP

Grate seven young carrots into a saute pan, add four tablespoonfuls of butter and one peeled and chopped onion; simmer twenty-five minutes, add two cupfuls of meat stock and one stalk of celery tied into a bunch with one bay leaf, one branch of parsley, two whole cloves, and one clove of garlic. Boil twenty minutes, strain through a sieve in a saute pan, add two cupfuls of cream, bring to a boil, stir in the yolks of two eggs beaten with one cup of cream; heat, but do not boil. Pass through a sieve, add two cupfuls of boiled noodles and seasoning of salt and cayenne pepper.

BRAISED BEEF

Have the butcher prepare a three or four-pound piece of shoulder, brisket or cross-rib piece of beef, tie on it two or three strips of larding pork and place in a Dutch oven with half a cupful of chopped pork fat, and one-half of a sliced onion; baste and turn the meat until it is brown on all sides; sprinkle with a seasoning of salt and one teaspoonful of paprika, add one cupful of boiling water, cover tight and simmer one hour. Remove the seeds from one green pepper, cut in strips and add to the Dutch oven with one sliced carrot, two sliced onions. Cover tight and simmer slowly for two and a half to three hours or until the meat is tender. Lift out the meat onto a hot platter and set in a warm place. Strain the gravy, remove the fat, place in a small saucepan, add one tablespoonful of lemon juice, half a cupful of seedless raisins that have been soaked in one cupful of orange juice for two hours, and two rolled ginger snaps. Boil up and pour around the beef or serve in a separate dish.

COMPOTE OF PEACHES

Place in a saucepan two cupfuls of water and one and a half cupfuls of sugar, six whole cloves with the heads removed, two slices of orange, and a two-inch stick of cinnamon. Bring to a boil, add peeled peaches and cook until the peaches are tender. Lift out the peaches with a skimmer onto a fruit dish, reduce the syrup one-third and strain over them. Serve with cream when cold.

NUT COOKIES

Beat half a cupful of butter to a cream and beat into it slowly one cupful of sugar, beat smooth, beat in two well beaten eggs and when smooth add one teaspoonful of lemon extract, half a cupful of finely chopped walnut meats, and two cupfuls of flour sifted with one teaspoonful of baking powder. Knead smooth and roll out on a floured board in a thin sheet. Cut with a small cutter, place on a polished baking sheet, press a half of a walnut in the center of each cookie and bake in a moderate oven.

AUGUST

FRIDAY

BREAKFAST

Chilled Pears ‡
 Shirred Eggs in Cream *
 Toast * Jam ‡

LUNCHEON

Fisherman's Salad *
 Poppy Seed Rolls *
 Swiss Berry Pudding *
 Iced Coffee *

DINNER

Cream of Potato Soup ‡
 Olives ‡
 Boiled Halibut, Caper Sauce *
 Summer Squash ‡
 Mashed Potatoes ‡
 Beet and Celery Salad ‡
 Scotch Mist ‡
 Milk ‡ Coffee *

FISHERMAN'S SALAD

Peel and cut in dice enough cold boiled potatoes to make two cupfuls, place in a cold bowl and mix with half a cupful of skinned, boned and diced sardines, two-thirds of a cupful of diced tender celery, two diced hard-boiled eggs, two tablespoonfuls of chopped pimentos, two tablespoonfuls of chopped sweet, green peppers, two teaspoonfuls of salt, one teaspoonful of paprika and one cupful of French dressing. Let stand on the ice for one hour, drain and mound on six lettuce-covered plates. Cover with mayonnaise and sprinkle with finely chopped parsley and paprika.

SWISS BERRY PUDDING

Cut slices of bread half an inch thick, remove the crusts and fit them closely together over the bottom and sides of a plain mold. Place two cupfuls of berries and a cupful of sugar in a saucepan, heat slowly until the juice runs and the sugar is dissolved, do not cook. Pour into the bread-lined mold and set on the ice for three hours. Unmold and serve with cream.

BOILED HALIBUT

Place in a kettle enough water to cover a four or five-pound center cut of halibut, add one sliced onion, two stalks of celery and three branches of parsley; bring to a boil and boil ten minutes. Add the juice of one lemon and the four or five-pound piece of halibut in a frying basket, cook ten minutes, add a cupful of cold water and cook slowly for thirty or forty minutes. Lift out the basket, carefully place the fish on a hot platter, remove the skin and pour over caper sauce.

BET AND CELERY SALAD

Mix one and a half cupfuls of chopped cooked beets with one and a half cupfuls of chopped tender celery, one and a half cupfuls of shredded lettuce, half a cup of chopped spiced pickles, one teaspoonful of salt, half a teaspoonful of paprika, and one cupful of French dressing. Mound on lettuce-covered plates.

SCOTCH MIST

Pound twenty-four macaroons to a fine paste, add twelve lady fingers rubbed to fine crumb, half a cupful of strawberry or other fruit juice, and one cupful of whipping cream; set on the ice to chill. Beat one cupful of whipping cream to a stiff froth, divide into two parts, color one part red and the other green. Place in a pastry bag with a star tube and ornament half of the mixture, which has been placed in a serving bowl, with half of the cream; clean the bag and pipe the other color over the other half. Decorate with maraschino cherries and serve.

AUGUST

SATURDAY

BREAKFAST

Bananas and Cream †
Fried Hominy Grits, Bacon *
Toast * Jam †
Milk † Coffee *

LUNCHEON

Laplander Salmon *
Potatoes a la Maitre d'Hotel, Steamed †
Squash in Shell †
Hot Rolls *
Orange Surprise †
Milk † Tea *

DINNER

Cream of Asparagus Soup †
Sweet Gherkins †
Boiled Beef au Pain Perdu *
Baked Potatoes † Stuffed Eggplant †
Avocado Salad †
Prune Gelatin *
Tea * Coffee *

LAPLANDER SALMON

Rub fine with a wooden spoon one and one-half cupfuls of cold boiled salmon; beat into this one cupful of soft bread crumbs cooked to a smooth paste in one cupful of milk; add half a cupful of cream, salt, cayenne, and three eggs beaten light. Pour the mixture in buttered molds set in a pan of hot water and bake until firm. For the sauce, cream half a cupful of butter, add the yolks of two eggs, one at a time, beating thoroughly. Season with salt, cayenne and a tablespoonful of lemon juice; add one-third of a cupful of boiling water and cook in a double boiler until thick. Turn the molded salmon on hot plates, pour the sauce around it and serve immediately.

ORANGE SURPRISE

Cut oranges in halves. Remove juice and pulp, leaving the skins in good condition. For a pint of juice, soften half a package of gelatin in one-half cupful of cold water, and dissolve it in one-half cupful of boiling water. Add one cupful of sugar and the juice of half a lemon. Add orange juice and strain. Mold the jelly in teacups wet with cold water. Fill to the height required to fill the orange skins. Decorate jelly with almonds, candied cherries, and cooked sultana raisins. When ready to serve, remove from cups to skins. Cover with meringue and brown delicately in a very hot oven.

BOILED BEEF AU "PAIN PERDU"

Take somewhat thick slices of bread and dip them in cream or milk, then in beaten eggs, and fry in butter in a frying pan. Cut the beef in slices to match the bread, dip it in the egg, and fry. Serve on a platter, and powder with chopped parsley.

POTATOES A LA MAITRE D'HOTEL

Cut raw potatoes into cubes or balls with a French cutter and boil ten to fifteen minutes in salted water. Drain. Cream three tablespoonfuls butter, add one teaspoonful lemon juice, one-half teaspoonful salt, one-eighth teaspoon paprika, two teaspoonfuls chopped parsley. Add this to the potatoes and serve.

PRUNE GELATIN

Two level tablespoonfuls granulated gelatin, one-third cupful of cold prune juice, one cupful boiling water, one-third cupful lemon juice, one-fourth cupful sugar, one cupful diced prunes, one-half cupful nuts.

Soak the gelatin in the prune juice for five minutes. Add the boiling water and stir until dissolved. Add the lemon juice and sugar. Mix and set in a cool place until the mixture partially congeals. Beat until frothy, add the prunes and nuts. Pile in glass sherbet cups. Serve very cold with cream.

AUGUST

SUNDAY

BREAKFAST

Honey Dew Melon †
 Spanish Omelet *
 Toast *
 Milk †
 Loganberry Jam †
 Coffee *

DINNER

Shrimp Cocktail *
 Celery Curls †
 Belgian Hare, a la Maryland *
 Corn on the Cob *
 Mashed Potatoes †
 Asparagus Tip Salad †
 Brick Ice Cream Fresno †
 Orange Layer Cake *
 Iced Coffee *

SUPPER

Club Sandwich *
 Grape Juice Cup †

SPANISH OMELET

Remove the seeds and veins from two green chilies and chop fine; peel and chop two tomatoes and two onions. Heat one tablespoonful of olive oil in an omelet pan, add the peppers, onion and tomatoes; cook until tender and thick. Add a seasoning of salt and pepper and six beaten eggs, mix well, when slightly set brown on the bottom, slide onto a hot platter, fold like an omelet and serve.

LOGANBERRY JAM

Place in a preserving kettle one quart of loganberries and one quart of strawberries, mash with a wooden potato masher, heat slowly, cover and simmer gently for thirty minutes. Add three and a half pounds of sugar and boil thirty minutes. Pour into hot glasses, cool and cover with paraffin.

CREAM SAUCE

Place in a small saucepan four tablespoonfuls of butter, melt, add four tablespoonfuls of sifted flour, stir until smooth and beat in one and a half cupfuls of milk and half a cupful of cream. Stir and cook ten minutes, season with salt and pepper and use.

FRESNO SAUCE

Place in a saucepan the drained juice from one large can of pineapple, half a cupful of water and one cupful of sugar; bring to a boil and boil five minutes. Cut the rind from one orange in thin slices, cut the slices in diamonds, place in bowl, add one cupful of plumped seedless raisins and pour over the hot syrup. Cool and pour over slices of brick ice cream.

ORANGE LAYER CAKE

Beat the yolks of four eggs until light and lemon colored, beat in slowly one cupful of sifted sugar and beat five minutes; beat in three tablespoonfuls of cold water and the grated rind of one orange. Sift one scant cupful of flour with two tablespoonfuls of cornstarch, one and a quarter teaspoonfuls of baking powder and a few grains of salt; beat into the yolk mixture, mix well, fold in the stiffly beaten whites of four eggs and bake in two buttered and floured layer cake tins. Cool and spread between the layers orange cream filling. Dust top with powdered sugar.

AUGUST

MONDAY

BREAKFAST

Grapes ‡
 Scrambled Eggs *
 Toast *
 Milk ‡
 Jam ‡
 Coffee *

LUNCHEON

Spanish Spaghetti *
 Avocado Salad ‡
 Pears with Chocolate Sauce ‡
 Grape Juice ‡

DINNER

Consomme Japonnaise *
 Sweet Gherkins ‡
 Roast Ham, Cider Sauce *
 Peppers Stuffed with Fresh Green Corn ‡ *
 Potatoes Rissilee ‡
 Los Angeles Fruit Salad ‡
 Frozen Strawberry Nectar ‡
 Milk ‡
 Coffee *

SPANISH SPAGHETTI

One pound of round steak and two onions, chopped fine; cook with a good sized piece of butter in skillet; add a half can of tomatoes; season with salt and chili pepper. Add one quarter pound of cheese, cut fine or grated. When thoroughly cooked, add half pound of spaghetti, which has been previously boiled; stir all together and serve.

PEARS WITH CHOCOLATE SAUCE

Pare four Bartlett pears, cut in quarters, lengthwise, and saute in butter until browned. Arrange in serving dish and pour over the following sauce. Chill thoroughly before serving. For the sauce put two ounces sweet chocolate, one tablespoonful sugar, one and one-fourth cupfuls cold milk in double boiler, and let cook five minutes, then add one teaspoonful arrowroot mixed with one-fourth cupful thin cream and a few grains salt, and cook ten minutes, stirring constantly. Melt one and one-half tablespoonfuls butter, add one-fourth cupful powdered sugar, and cook until well caramelized, stirring constantly. Add to first mixture and flavor with one-half teaspoonful vanilla.

PEPPERS STUFFED WITH FRESH GREEN CORN

Cut a thick slice from the stem end of each pepper, remove seeds and parboil peppers fifteen minutes in boiling salted water to which is added one-eighth teaspoonful soda. Drain, fill with corn mixture, arrange on serving dish, sprinkle tops with paprika, and garnish with parsley.

Corn mixture: Remove husks and silky threads from one dozen ears of green corn. Cut lengthwise of cob through each row of kernels and scrape with a knife to remove pulp; there should be two and one-half cupfuls. Put pulp in omelet pan, add one-half cupful milk, and cook slowly, twenty-five minutes, stirring frequently. If cooked on a gas range, gas flame should be turned low and cover with an asbestos mat. Season with butter, salt and pepper.

FROZEN STRAWBERRY NECTAR

Whip one pint of sweet double cream until thick. Fold in two cupfuls of powdered sugar, one-half cupful of finely chopped, blanched almonds and one quart of strawberries slightly crushed. Turn into a pudding mold having a tube in the center. Pack in ice and salt, cover with a heavy blanket and let stand in a cool place for three or four hours. When ready to serve, turn out carefully and fill the hollow center with sweetened berries mixed with whipped cream.

AUGUST

TUESDAY

BREAKFAST

	Melon †	
	Ham and Eggs *	
Toast *		Jelly †
Milk †		Coffee *

LUNCHEON

	Cutlet en Casserole *	
	Romaine Salad †	
	Cherry Cream Pie *	
Milk †		Tea *

DINNER

	Spinach Puree †	
	Radishes †	
	Swiss Steak *	
Roasted Beets †		Mashed Potato †
	Fig Salad †	
Milk †	Washington Pie *	Coffee *

CUTLET EN CASSEROLE

Take a medium cutlet, cut with a sharp knife into three-inch squares and place them in a casserole dish. Cut with a scoop small round potato, carrot and parsnip balls, a cup and a half in all, and pare a cupful of button onions; add these to the cutlet with one cupful of red stock, pepper, salt, a dash of mignonette pepper and a tablespoonful of Worcestershire sauce. Take one tablespoonful of rice flour and mix it smooth with a little water and add to the gravy, putting in last a half-tablespoonful of melted butter. Cook in a medium oven an hour and a half, or until the meat is done.

CHERRY CREAM PIE

Line the pie plate with rich flaky crust. Open a quart jar of preserved cherries, strain them and heat the juice, adding to it a cupful of cream; thicken slightly with cornstarch and when slightly cool fill in the cherries and turn over the cream; put on the top crust and bake.

SPINACH PUREE

Wash carefully two quarts of spinach and cook until tender in a small quantity of water. Rub through a sieve and add three cupfuls of rich stock and season to taste. Stir to a paste one tablespoonful of butter and the same quantity of flour and one cupful of hot milk. Add this to the soup and let all boil up together, stirring to keep it smooth. Serve with croutons.

SWISS STEAK

Take a piece of top round steak, dust it with pepper, salt and paprika, dredge it on both sides with flour, then put it into a hot frying pan with enough hot fat in it to cover the bottom. Cover the pan and let the steak cook. When done through, pour over it a cupful of thin tomato sauce, add the juice of an onion and a half bud of garlic. Cover and simmer gently for half an hour. Serve with the gravy turned over it, on a hot platter, with a border of mashed potato around the edge.

FIG SALAD

Take one-half pound of figs and chop fine with a few pecan nuts, a small cupful of fine chopped pineapple and a small green pepper; mix with a rich mayonnaise dressing, place on white lettuce leaves and garnish with olives.

AUGUST

WEDNESDAY

BREAKFAST

Melon ‡
 Shirred Eggs *
 Toast * Tomato Marmalade ‡
 Milk ‡ Coffee *

LUNCHEON

San Diego Salad *
 Biscuits *
 Strawberries a la Francaise ‡
 Tea *

DINNER

Mock Chicken Gumbo ‡
 Celery ‡
 Veal Shoulder, Bourgeoise *
 Peas ‡ Potatoes ‡
 Porcupine Salad ‡
 Banana Pie * ‡
 Coffee *

SAN DIEGO SALAD

One and one half cupfuls diced sardines, two tablespoonfuls lemon juice, two cupfuls diced celery, one-half cupful chopped ripe olives, one-third cupful chopped sweet pickles, one cupful mayonnaise, one level teaspoonful salt, one-third level teaspoonful pepper.

Mix the ingredients, using a silver fork for the blending. Serve very cold on chilled lettuce leaves.

STRAWBERRIES A LA FRANCAISE

Soak one cupful of perfect strawberries in one cupful of orange juice for an hour, sweeten to taste. Serve in small glasses with lady fingers.

VEAL SHOULDER, BOURGEOISE

Place a few slices of fresh pork or bacon in a Dutch oven or casserole. Lay on them a shoulder of veal and cover with more slices. Mix a pint of hot water with a tablespoonful of vinegar, three chopped onions, a bit of garlic, a kitchen bouquet, a chopped green pepper (without seeds), and two tablespoonfuls of olive oil. Pour it over the meat, cover closely and cook in a slow oven for three hours. Remove the meat to a hot platter, strain the gravy and skim.

PORCUPINE SALAD

Six medium-sized firm tomatoes, thirty narrow two-inch strips of celery, thirty thin one-inch strips of green pepper, one level teaspoonful salt, one-fourth level teaspoonful paprika, one-half cupful mayonnaise, six pieces lettuce.

Remove the blossom ends from the tomatoes, which have been washed, peeled and chilled. Stick the strips of celery and green pepper around and in the sides of the tomatoes at regular intervals. Chill again and then serve on the lettuce leaves with mayonnaise.

SEPTEMBER

MONDAY

BREAKFAST

Strawberries and Cream †
 Marmalade † Ham Omelet * Toast *
 Milk † Coffee *

LUNCHEON

Bavarian Veal Chops *
 Okra Salad †
 Frozen Peach Roll * Tea *

DINNER

Creole Soup † Sweet Gherkins †
 Swiss Steak *
 Tomatoes a la Stanley † Potato Puff †
 Cucumber Salad †
 Mint Fruit Sherbet † Coffee *

BAVARIAN VEAL CHOPS

Place in a stew pan six loin chops, with a sliced onion, six slices of carrot, two cloves, and a few peppercorns, one ounce of butter, and enough boiling water to cover. Cook slowly until meat is tender. Drain, season with salt and pepper, dip in egg, roll in flour, and saute in fat until brown. Serve on platter with boiled macaroni mixed with soubise sauce. For the sauce, use two tablespoonfuls of butter, two tablespoonfuls of flour, one cupful of the water in which the chops were cooked, salt, pepper and bring to a boiling point. When thickened, add one-half cupful of cream or milk, and a puree of boiled onions, made by cooking two cupfuls of sliced onions, until soft, then forcing them through a puree sieve.

OKRA SALAD

Cut the little buttons from the ends of the fresh okras, then wash them and put them in a pot and cover them well with boiling water. Let them boil vigorously for twenty minutes, then take them off the stove, strain them, and put them in the ice box. Serve with French dressing.

CREOLE SOUP

Wash and cut into slices one-half dozen good-sized turnips, adding a can of tomatoes, two tablespoonfuls of sweet red peppers, half a teaspoonful of allspice, one sliced onion, a scant teaspoonful of salt, four whole cloves, and a large tablespoonful of butter. Place the ingredients over the fire, covering with water, bring to the boiling point and cook until the vegetables are very tender; now strain and keep hot where it will not boil. Heat a pint of rich milk in the double-boiler, thickening with a level tablespoonful of flour moistened with a little cream; be sure that cream sauce boils; turn the vegetable puree into a heated tureen stir in a tiny pinch of baking soda to prevent curdling and very gradually pour in the sauce, stirring constantly. Serve immediately.

TOMATOES A LA STANLEY

Cook slowly three slices of bacon diced. Remove the veins and seeds from four green peppers and cut in small pieces. Peel four medium-sized onions and cut in small pieces. Add the peppers and onions to the bacon and cook until a nice brown. Remove to a covered dish and keep hot. Slice six large ripe tomatoes and dip each in flour in which salt and pepper have been dusted. Fry in half butter and half lard. Turn them carefully and brown on both sides. Remove to a platter and pour the bacon, peppers and onions over them. Pour over all a cream sauce made of a tablespoonful of flour rubbed smooth in a tablespoonful of butter in the same frying pan. Add one cupful of milk and cook until thick.

MINT FRUIT SHERBET

Place in a large mixing bowl a bunch of fresh mint, bruise the leaves and pour upon them a quart of boiling hot sugar syrup; then add the juice of two lemons and the grated rind of one, the pulp of half a pineapple, and a tiny pinch of ground cinnamon; cover the contents of the bowl closely and let stand until quite cold. Have in readiness a chilled freezer, into which is strained the fruit puree, and after adjusting the cover, freeze to the consistency of soft snow; now pour in slowly the stiffly whipped whites of two eggs, the other half of the pineapple flaked into tiny particles and a tablespoonful of grated cocoanut. Continue freezing until firm and smooth. Serve in small glass sherbet cups, covered with minced candied orange peel.

SEPTEMBER

TUESDAY

BREAKFAST

Turkish Melon ‡

Ham Omelet *

Toast *

Milk ‡

Jam ‡

Coffee *

LUNCHEON

Calf's Brain with Browned Butter *

Tomato Salad ‡

Peach Souffle * ‡

Milk ‡

Tea *

DINNER

Corn Soup, Southern Style *

Chow Chow ‡

Beef's Tongue, a la Jardiniere *

Egg Plant ‡

Potatoes ‡

Carrot Salad ‡

Walnut Mousse ‡

Milk ‡

Coffee *

CALF'S BRAIN WITH BROWNED BUTTER

Remove the fine skin from the calf's brain and rinse the latter in water. Boil the brain in water, adding salt, the juice of a lemon, a few slices of carrots and one-half a bay leaf. Boil for ten minutes. Take out carefully with a skimmer, split in two and put it on a dish. Heat two ounces of butter until it turns dark brown, then add a dash of tarragon vinegar and pour over the brain. Sprinkle chopped parsley over it.

CORN SOUP, SOUTHERN STYLE

Three ears of corn, or one can of corn, one quart of milk, two tablespoonfuls butter, one large spoonful flour, three onions, one stalk celery, a teaspoonful sugar, one teaspoonful salt.

Take the corn if on the cob and grate, heat milk, turn in the corn, blend butter and flour, add to the soup after it has been cooked about one-half hour, very slow. Cook the onions and celery in a little water one-half hour, strain and pour into the stock last, cooking this separate, makes an altogether different flavor. Serve with a dusting of parsley and a little grated nutmeg which makes this palatable. If you can get pop corn throw in four kernels to each plate, looks very pretty, and a fine strip of green pepper.

BEEF'S TONGUE

Boil fresh beef's tongue one hour; skin and lay in your roaster upon layer of vegetables cut into dice—carrots, turnips and celery, potatoes, peas, beans, and if you can get them, button onions and small round tomatoes. Pour about the tongue some of the water in which it was boiled; cover and cook slowly for two hours if the tongue is large.

Remove the tongue, keep it closely covered and hot while you take out the vegetables with a skimmer. Thicken the gravy with browned flour. Dish the tongue, arrange the vegetables in sorted heaps about it, and pour some of the gravy over all, sending rest to table in sauceboat.

PEACH SOUFFLE

Six very ripe fresh peaches; six eggs, half a pint of thick cream, half a pound of fresh marshmallows, one large and very ripe banana and the juice of one very sweet orange. First, the peaches are peeled and stoned and then mashed to a pulp with a fork. Then the banana is pared and scraped and crushed in with the peaches, and the juice of the orange blended into the whole. Beat the six eggs with the whites and yolks separate. Then add the well-beaten yolks to the fruit pulp, beating thoroughly, and place in a porcelain saucepan. Cook over a brisk fire until it puffs up high, then stir in the cream, and when thoroughly heated through again add the marshmallows whole, and when heated add last of all the very stiffly beaten whites of the eggs.

WALNUT MOUSSE

See page 317

SEPTEMBER

WEDNESDAY

BREAKFASTGrapes ‡
Ham Omelet *Toast *
Milk ‡Jelly ‡
Coffee ***LUNCHEON**Onions Stuffed with Kidney *
Pineapple Salad ‡
Two-and-One Sherbet ‡

Milk ‡

Tea *

DINNERCorn Chowder *
Radishes ‡
Squabs en Casserole *
Lima Beans ‡
Beet Salad ‡
Strawberry Mousse ‡
Milk ‡

Coffee *

ONIONS STUFFED WITH KIDNEY

Peel each onion and take out the center, then parboil in salted water ten minutes. Prepare a filling by chopping the outer part of a cooked veal or lamb kidney, adding the chopped onion centers, and a high seasoning. The onion cups are filled with this, and they can then be placed close together in a baking pan, a little stock poured in, baked in a moderate oven until the cups are tender.

TWO-AND-ONE SHERBET

Two cupfuls of sugar, two cupfuls of water, two oranges, two lemons, one pineapple, two bananas, two egg whites.

Boil sugar and water five minutes, cool, add pulp and juice of oranges, juice of the lemon, pineapple shredded or cut very fine, and bananas rubbed through a sieve. Freeze to a mush, then add whites of eggs beaten stiff and finish freezing. In making ices or sherbets freeze five minutes in three parts of ice to one of salt, let stand five minutes, turn again five minutes and repeat until frozen. Then remove dasher, pack mixture into freezer, drain off salt water, repack with four parts ice and one of salt.

BEET SALAD

One and one-half cupful of diced, cooked beets, one cupful of chopped celery, two level tablespoonfuls of chopped pimientos, two level tablespoonfuls of chopped onions, two level tablespoonfuls of chopped green peppers, one level teaspoonful of salt, one-half level teaspoonful of paprika. Two-thirds cupful of mayonnaise, four pieces lettuce, chilled.

Mix all the vegetables and seasonings, add the mayonnaise and serve on the chilled lettuce leaves.

STRAWBERRY MOUSSE

One cupful of crushed strawberries, one teaspoonful of lemon juice, one-fourth level teaspoonful of salt, three-fourths cupful of sugar, two cupfuls of stiffly whipped cream.

Crush the strawberries after they have been washed and hulled. Add the lemon juice, salt and sugar, mix well, and let stand in a very cold place for ten minutes. Add the stiffly beaten whipped cream.

Pour into an ice cream mold, which has been moistened with cold water. Have the mold full to overflowing. Fit the lid tightly in place over a piece of waxed paper. Pack in equal parts of salt and ice and let stand for four hours. The ice mixture should extend at least four inches under, above, and around the mold. To unmold, slip the mold in hot water for a second and turn out onto a chilled platter.

SEPTEMBER

THURSDAY

BREAKFAST

Figs and Cream ‡
 Omelette with Parsley *
 Waffles * Maple Syrup ‡
 Milk ‡ Coffee *

LUNCHEON

Veal Cutlets Breaded and Baked *
 Chinese Cabbage Salad ‡
 Peach Sherbet ‡
 Milk ‡ Tea *

DINNER

Vienna Soup ‡ *
 Dill Pickles ‡
 Ham Steak, Club Style *
 Baked Spinach Souffle * ‡ Mashed Potato ‡
 Orange Salad ‡
 Cherry Turnovers *
 Milk ‡ Coffee *

VEAL CUTLETS, BREADED AND BAKED

Have slices of veal cut from the leg, one-third inch thick. Cut into pieces for serving, removing all fat and skin. Pound with a mallet or with the edge of a saucer to soften the fiber of the meat. Season with salt and pepper, dip into flour, then into beaten egg, then sifted soft bread crumbs from the center of a loaf. In a large iron frying pan, fry out fat salt pork cut in small pieces, add the pieces of breaded veal, and fry quickly until brown.

Pour over the browned cutlets a brown sauce. Cover closely, and bake in the same pan in a moderate oven until tender; this will take from one to one and one-half hours.

Brown sauce: Brown two tablespoons of butter, add two tablespoons of flour, and one and one-half cups of brown stock. Season with salt and pepper. If there is any egg left from dipping cutlets add to the sauce.

PEACH SHERBET

Two cups sugar, one-half cup lemon juice, three cups pulp of fresh or canned peaches, four cups milk.

Mix the sugar, lemon juice and peach pulp and let stand for ten minutes. Slowly add the milk. Pour into a cooled freezer and freeze until very stiff.

HAM STEAK, CLUB STYLE

Order a slice cut one and one-half inches thick from the center of the ham and trim it nicely. Soak in lukewarm water for one hour, and place in a baking pan. Sprinkle it lightly with dry mustard and then quickly with brown sugar. Around the ham lay six cloves, a bay leaf, one-fourth cup of carrot cut in small cubes, and one-half cup of celery cut small. Add one-half cup of hot water, cover, and cook one hour; then uncover, and cook till tender. Serve on a hot platter and arrange the following vegetables in mounds around the ham: cooked and seasoned peas, carrots, string beans and glazed onions.

SEPTEMBER

FRIDAY

BREAKFAST

Prunes *

Poached Eggs *

Pop Overs *

Milk †

Jam †

Coffee *

LUNCHEON

Salmon Loaf with Cucumber Sauce *

Biscuits *

Peppermint Ice Cream †

Iced Tea *

DINNER

Cream of Pea Soup †

Young Onions †

Halibut a la Suisse *

Templeton Stuffed Peppers *

Potatoes †

Devonshire Pie *

Romaine Salad †

Coffee *

POP OVERS

One cupful flour, seven-eighths cupful milk, one-quarter teaspoonful salt, two eggs, one teaspoonful melted butter.

Mix salt and flour; add eggs and milk gradually. Beat with egg beater and turn into hot greased muffin tins and bake in hot oven.

Note: Have oven very hot for first fifteen minutes, then reduce heat and continue baking about thirty minutes.

SALMON LOAF WITH CUCUMBER SAUCE

Soak three-quarter tablespoonfuls gelatine in two tablespoonfuls cold water and stir into this two cans of salmon, flaked. Make the following boiled dressing and stir into the above and then pour into loaf tin to set.

One tablespoonful sugar, one-half teaspoonful salt, two tablespoonfuls flour, one teaspoonful dry mustard, three-quarters cupful milk, yolks of two raw eggs, one-quarter cupful vinegar, dash of paprika.

CUCUMBER SAUCE

Whip one bottle of cream, add salt and paprika. Gradually stir in two tablespoonfuls vinegar and one-half a cucumber which has been diced and drained.

PEPPERMINT ICE CREAM

One pint milk, one pint cream, one-half pound striped peppermint candy. Crush candy and dissolve in milk. When this mixture is half frozen, add the one pint of cream beaten stiff and finish freezing.

HALIBUT A LA SUISSE

Wipe a two-pound piece of halibut with cheese cloth, wrung out of cold water. Put in baking pan of correct size, sprinkle with salt and pepper and put on top one-half cupful butter. Bake fifteen minutes, basting twice; then cover with one-fourth pound mushrooms, broken in pieces, and pour over one cupful cream. Again bake fifteen minutes, add one teaspoonful beef extract and bake ten minutes, basting twice. Remove to hot serving dish, pour around sauce remaining in pan, and garnish with parsley.

TEMPLETON STUFFED PEPPERS

Wipe four long, green peppers and parboil ten minutes in one quart boiling water, to which has been added one-fourth teaspoonful soda. Drain, cut in halves, lengthwise, remove seeds, arrange in pan, cover with buttered crumbs, and bake until crumbs are brown.

For the stuffing cook one-half tablespoonful chopped onion, and one-half tablespoonful green pepper, cut in small pieces, in two tablespoonfuls butter five minutes, stirring constantly. Add two tablespoonfuls flour mixed with one teaspoonful salt, one-fourth teaspoonful paprika, one-fourth mustard, and a few grains cayenne. Pour on gradually, while stirring constantly, one-half cupful milk; bring to the boiling point, add one cupful canned corn and cook five minutes; then add one egg, slightly beaten, and two-thirds cupful dry bread, broken in very small pieces and sauted in butter until well browned.

SEPTEMBER

SATURDAY

BREAKFAST

Cassaba ‡
 Spanish Omelet *
 Toast *
 Milk ‡
 Banana Marmalade ‡
 Coffee *

LUNCHEON

Noodles and Ham *
 Cress and Green Pepper Salad ‡
 Iced Grapes ‡
 Fruit Punch ‡

DINNER

Tomato Soup with Rice ‡ *
 Olives ‡
 Veal Croquettes *
 Green Peas ‡
 Potato Cakes ‡
 Cucumber and Radish Salad ‡
 Fruit Tapioca ‡
 Milk ‡
 Coffee *

BANANA MARMALADE

Peel and cut in rounds firm, ripe bananas, there should be three pounds of peeled bananas; place the bananas in an earthenware bowl, add the grated rind and strained juice of three lemons and three pounds of lump sugar; cover and let stand until the sugar is dissolved. Pour into a preserving kettle, bring slowly to a boil, stirring three or four times, then boil quickly until thick. Pour into hot glasses and seal.

NOODLES AND HAM

Cut four thin slices of raw ham into narrow strips, place in a frying pan and cook until crisp; add half a pound of noodles that have been boiled until tender in boiling salted water and fry until lightly browned. Sprinkle with finely-chopped parsley and pimienta and serve.

VEAL CROQUETTES

Run three cupfuls of cooked veal through the fine knife of the meat chopper with one and a half cupfuls of raw ham and place in a bowl; add the yolks of three hard boiled eggs rubbed through a sieve, one tablespoonful of finely-chopped parsley, and seasoning of pepper; work to stiff paste with some of the veal gravy or melted butter; form into twelve croquettes, roll in flour, dip in beaten egg, roll in fine cracker crumbs and fry in deep, hot vegetable shortening. Drain, set on a platter covered with cream sauce, sprinkle with chopped parsley and serve.

CUCUMBER-RADISH SALAD

Mix two cupfuls of peeled and diced cucumbers with one and one-half cupfuls of thinly sliced radishes, one chopped sweet green pepper, half a cupful of chopped sour pickles, one cupful of diced celery, and two-thirds of a cupful of French dressing. Mound on lettuce-covered plates and serve very cold.

FRUIT TAPIOCA

Mix half a cupful of quick cooking tapioca with two and a half cupfuls of water, place in a double boiler, add a one-inch piece of cinnamon and cook until clear, adding one teaspoonful of salt after it has cooked five minutes. Pour into a bowl, add two-thirds of a cupful of currant jelly, three teaspoonfuls of orange juice, four tablespoonfuls of seedless raisins, four tablespoonfuls of blanched and chopped almonds, half a cupful of peeled and diced firm ripe peaches, and enough sugar to sweeten. Stand on the ice until cold and serve with coffee cream.

SEPTEMBER

SUNDAY

BREAKFAST

Figs and Cream †
 Scrambled-Egg Livingston *
 Toast * Marmalade †
 Milk † Coffee *

DINNER

Fruit Cocktail †
 Salted Almonds †
 Leek Potato Soup †
 Roast Beef *
 English Yorkshire Pudding *
 Green Corn * Baked Potatoes, en Surprise †
 Water-cress Salad †
 Gaby Deslys Ice-Cream Cake *
 Coffee *

SUPPER

Cheese Rarebit Sandwich *
 Cantaloupe Frappe †
 Mint Punch †

SCRAMBLED-EGG, LIVINGSTON

Scald and skin two medium-sized firm, ripe tomatoes, and cut into dice. Dredge with a little salt. Drain on a strainer fifteen minutes, removing most of the seeds. Simmer a few minutes in a little melted butter, dredging over a dash of paprika. Add to scrambled eggs just as they begin to thicken, and finish cooking the eggs. Spread some over some French croutons and arrange over them the scrambled eggs. Dredge over top to a slice of pimento cut into small dice that have simmered a few minutes in melted butter.

BAKED POTATOES, EN SURPRISE

Bake one potato for each service. Using a sharp knife, cut from top of each hot potato lengthwise a skin slice, which reserve. Using a spoon, scoop out the potato pulp. As the best part of the potato is next to the skin, the entire pulp must be scooped out clean without breaking the skin. Rub this potato pulp through a puree strainer or force it through a potato ricer and, while beating vigorously, add salt and a few grains of cayenne as needed. To one pound add one ounce of butter and beat until smooth. Fill the potato skin with the mixture, cover with the top skin slice, and reheat a few minutes in the oven.

ICE-CREAM CAKE

Two-fifths of a cupful of butter and one-sixteenth of a cupful of sugar, two cupfuls of sifted flour, three and one-half level teaspoonfuls of baking powder, one teaspoonful of vanilla extract, two-thirds of a cupful of water, four egg whites, well beaten.

Sift the baking powder with the flour. Rub the butter with a slit spoon until creamy. Beating, slowly, add the sugar and beat three minutes; continue beating while adding alternately the flour and the liquid; lastly, beat in the egg whites and beat vigorously two minutes. Bake fifteen minutes in a quick moderate oven, in layers. Spread between the cooled layers, strawberries.

CHEESE RAREBIT SANDWICH

Grate a quarter of pound of American cheese fine, melt it in a saucepan over the fire, add the yolks of two eggs well beaten, two tablespoonfuls of cream, a dash of salt and red pepper, and a teaspoonful of Worcestershire. Stir the mixture into the melted cheese; when blended, remove from the fire and when cool, spread it on thin slices of lightly buttered white bread. Put the two slices together and garnish with an olive.

SEPTEMBER

MONDAY

BREAKFAST

Grapes ‡
Ripe Olive Omelet *
Toast * Jam ‡
Milk ‡ Coffee *

LUNCHEON

Sausage Pasty *
Tansy Salad ‡ *
Biscuits *
Orange Souffle *
Tea *

DINNER

Puree of Watercress ‡
Celery ‡
Boiled Tongue *
Deviled Cucumbers ‡ Baked Potatoes ‡
Romaine Salad ‡
Peach Bavaroise * ‡
Coffee *

RIPE OLIVE OMELET

Drain one small bottle of ripe olives, add to them the whites of two cold boiled eggs diced and a tablespoonful of chutney syrup. Make a five-egg omelet, have the olive mixture warmed in a tiny saucepan, but not cooked, turn into the omelet and fold as usual. Turn on a hot dish, and garnish with a few sprays of carefully washed fresh mint dusted with powdered sugar.

TANSY SALAD

Take a half jar of "Puncheezy," put it in a white enamel strainer to drain until needed, prepare a grapefruit as for salad, and turn a wine-glass of apricot cordial over it, with a saltspoonful of nutmeg and a teaspoonful of powdered sugar. When ready to dress the salad drain the juice from the fruit, mix the grapefruit and "Puncheezy," and, fill white lettuce leaves with the mixture, cover with mayonnaise made without mustard, to which some finely chopped English walnuts have been added. Serve at once, so that the fruit juice may not thin the salad dressing.

PUREE OF WATERCRESS

Boil four bunches of watercress in a quart of salted water until very tender, and rub through a fine sieve. Melt three tablespoonfuls of butter, add four tablespoonfuls of flour, and two quarts of veal stock. Cook until thick, add the cress, and season to taste. Beat the yolks of four eggs with a cupful of cream, and two tablespoonfuls of melted butter. Pour the boiling soup over the eggs, and serve with croutons.

DEVILED CUCUMBERS

Pare, quarter, and take the seeds from six cucumbers, cut in inch lengths, drop into boiling water with a little salt in it, and boil six minutes. Drain and put a layer into a buttered baking dish, then a layer of fine crumbs, a sprinkling of salt and pepper, a teaspoonful of sugar, and a teaspoonful of finely ground nut meats, continue until the quantity is used up, then pour over all a cupful of tomato sauce (not too thick), sprinkle with grated cheese, and bake a delicate brown. A little of the sauce may be kept to serve in a tureen if desired. The mixture may also be used in ramekins. Bake thirty minutes.

PEACH BAVAROISE

Cut eight fine large peaches in half, peel, and remove their stones. Cook the halves carefully in a pint of vanilla syrup. When done, drain and place them on a wire sieve to cool. Boil a quarter pint of milk and add to it the well-beaten yolks of two eggs and let it cook just enough to bind the eggs; then add one envelope of gelatin which have been soaked in cold water, two tablespoonfuls of sugar and when all is melted strain into a bowl and set away to chill. Whip one-half pint of heavy cream and when the custard is cold cover it with one-half of the whipped cream. Dice a slice of preserved pineapple and cut a few candied cherries and strew over the top. When chilled arrange the peaches on top, leaving a space in the center in which to pile the remainder of the whipped cream.

SEPTEMBER

TUESDAY

BREAKFAST

Melon †
 Eggs a L'Ardenaise *
 Toast * Marmalade †
 Milk † Coffee *

LUNCHEON

Sausage * and Cabbage †
 Ripe Olive Salad †
 Fig Ice Cream †
 Milk † Tea *

DINNER

Peanut Bisque *
 Chow Chow †
 Pigeon a la Creole *
 Zucchini † Baked Bananas †
 Cardinal Salad †
 Spanish Chocolate Cream †
 Milk † Coffee *

SAUSAGE AND CABBAGE

Brown two tablespoonfuls of butter with two of flour in a saucepan, add one pint of boiling water, one teaspoonful of salt, cayenne pepper, a bouquet of herbs, one carrot cut in rounds, one teaspoonful of onion juice, and one-half of a small cabbage cut in four pieces. Simmer until the cabbage is nearly tender and the sauce has been somewhat reduced. Fifteen minutes before serving add one-half a pound of sausages and cook until done. Place the cabbage on a platter with the sausages in a row on top and pour over it the sauce.

FIG ICE CREAM

Peel the stems and skins from two pounds of ripe figs; mash through a colander, with nearly a pint of milk; add the juice of one-half a lemon and sweeten well; fold in one pint of thick cream, beaten stiff; pour into a mold, cover tightly, binding a piece of buttered muslin around the opening to keep the salt out, pack in ice and salt in a pail, and let stand for three or four hours.

PIGEON A LA CREOLE

Clean and wipe dry three pigeons and cut each into four pieces. Marinate them in half a cupful of olive oil for fifteen minutes. Drain off the oil into a frying pan. Chop one onion, one clove of garlic (if liked,) a green pepper (seeds removed) and a tablespoonful of parsley. Fry in the oil until transparent, and then add the pigeons and sear them all over. Put all of this in a casserole with a can of tomatoes, salt, paprika and cayenne to taste, one tablespoonful of finely minced salt pork, half a cupful of sliced olives and a pint of good stock. Cover tightly and simmer in the oven an hour and a half. Five minutes before serving moisten a tablespoonful of browned flour with a little of the gravy, stir into the stew, and when it thickens sprinkle with Parmesan cheese, garnish with croutons and serve in the same dishes.

ZUCCHINI

Parboil six of the long Italian squash, cut in two lengthwise and scoop out part of the interior. Beat eight eggs together, and add one cupful of grated Parmesan cheese, one cupful or more of stale bread crumbs (soaked in milk and drained dry), and two sprigs of thyme, chopped very fine. Stir all well together, and add a little salt and one teaspoonful of olive oil. This mixture should be as thick as breakfast mush. Into each piece of squash pour one tablespoonful of olive oil, and fill with the mixture, and bake until brown.

SEPTEMBER

WEDNESDAY

BREAKFAST

Peaches and Cream ‡

Egg a la Benedict *

Toast *

Milk ‡

Jam ‡

Coffee *

LUNCHEON

Baked Chops, Francesca *

Date Souffle *

Saratoga Salad ‡

Tea *

DINNER

Potato Soup ‡

Young Onions ‡

Rabbit a la Maryland *

Lima Beans ‡

Potatoes, O'Brien ‡

Pomona Salad ‡

Watermelon ‡

Coffee *

EGG A LA BENEDICT

Poach the eggs, fry or boil as many pieces of ham as eggs, the ham having been cut into circles two and one-half inches in diameter. Split some English muffins in two, toast and butter them, then put the ham on the muffins, the eggs on top of the ham, and cover the whole with Hollandaise Sauce. This sauce can be substituted by a cream sauce with the yolk of egg stirred into it.

SARATOGA SALAD

Cut four apples into straw-shape pieces one inch long; add half the quantity of hearts of celery cut in same shape; add one cupful blanched and shredded almonds; toss together lightly and serve in nest of cress, endive, or lettuce hearts; marinate with French dressing and garnish with mayonnaise.

DATE SOUFFLE

One-half pound dates, one cupful boiling water, four whites of eggs, one-quarter cup sugar, dash of salt, one tablespoonful lemon juice.

Wash, stone and chop the dates and simmer in the boiling water until very soft; mash and add to them the stiffly beaten whites, sugar, lemon juice and salt; pour into a buttered dish and bake thirty-five minutes. Serve cold with foamy sauce.

POTATO SOUP

Three potatoes (cut small), two teaspoonfuls chopped onions, one-half teaspoonful salt, one quart boiling water, one-eighth teaspoonful white pepper, two teaspoonfuls chopped celery, two teaspoonfuls parsley (chopped fine), two tablespoonfuls butter, one tablespoonful flour.

Heat one tablespoonful butter, add the onion and celery and let simmer ten minutes. Add the potato, cover and cook two minutes. Add the water and boil one hour. Add more boiling water as it evaporates. Bind the remaining flour and butter, add some potato liquid and cook. Combine the mixture and serve hot with the croutons.

RABBIT A LA MARYLAND

Clean and cut up two rabbits; sprinkle with salt, pepper and dredge with flour; dip in eggs and crumbs, arrange them in a well-greased dripping pan and bake thirty-five minutes in a hot oven, basting after the first five minutes of cooking with one-third cupful butter melted in one cupful boiling water or white stock. Serve with a cream sauce and garnish with crisp bacon.

POTATOES, O'BRIEN

One pint cold boiled potatoes, one onion, one-half teaspoonful salt, three tablespoonfuls bacon drippings, one small green pepper.

Cut potatoes in cubes, also onion very fine. Heat the drippings, add potatoes and salt, when almost brown add chopped pepper and one-half cupful hot water. Cover and let fry about five minutes.

BAKED CHOPS, FRANCESCA

To prepare for three, select three loin pork chops, cut one inch thick. Season with salt and pepper and broil slightly on both sides. Place in a baking dish and cover with one half cupful raw liver, chopped; one small onion, chopped; two tablespoonfuls minced bacon, one-half tablespoonful chopped parsley, one teaspoonful salt, one-eighth teaspoonful pepper. Blend all ingredients and spread over chops. Pour over one-half cupful of stock, which if not on hand can be made by dissolving one beef cube in one-half cupful of boiling water. Bake three-quarters of an hour and baste often.

SEPTEMBER

THURSDAY

BREAKFASTBlackberries and Cream †
American Eggs *Toast *
Milk †
Jam †
Coffee ***LUNCHEON**Grilled Ham with Bananas *
Almond and Cantaloupe Salad †
Lilac Sherbet †
Tea ***DINNER**Avocado Soup †
Ripe Olives †
Veal Cutlets *
Baked Lima Beans †
Potato Rissoles †
Cauliflower Salad †
Peach Pudding *
Coffee ***GRILLED HAM WITH BANANAS**

Cut into thin slices the required amount of raw ham and broil delicately. Skin some bananas, cut them in half lengthwise, season with salt and pepper, roll in beaten eggs and fine bread crumbs, and fry in hot bacon fat. Place the ham on a hot platter with a slice of bananas on each piece, garnish the dish with parsley and serve.

ALMOND AND CANTALOUPE SALAD

Take three cantaloupes and scoop out the pulp with a teaspoon; take a cupful of almonds, slice thin or chop them and add to the melon; cut one heart of white lettuce and add one half cupful of chopped celery, serve in lettuce leaves after tossing in heavy French dressing, and garnish with strips of red pepper and olives stuffed with almonds.

LILAC SHERBET

Warm a half-pint of grape jelly or one pint of fresh grape juice and dissolve in one cupful of sugar. Mix with it one quarter of rich milk, ice cold, and freeze at once. Serve with frosted cakes.

AVOCADO SOUP

Pare and cut into small pieces four good sized avocados; put them in a double boiler with a pint of water and one chopped red pepper, a quarter bud of garlic and one thinly sliced onion. Boil until very tender; put all through a puree sieve, add to it one pint of hot cream, a small lump of butter, pepper and salt to taste. If the soup is too thick, thin it slightly with a little bit of milk, but leave it a heavy soup and serve with toast squares of bread that have been fried in butter and carefully drained.

POTATO RISSOLES

Boil and mash six large potatoes, add a teaspoonful of pepper, a half teaspoonful of salt, a tablespoonful of butter, and a teaspoonful of minced parsley. Make into small balls, roll in beaten egg, cracker dust, and a sprinkling of Parmesan cheese, and fry in hot lard a delicate brown; drain and serve in a napkin.

PEACH PUDDING

Make a batter of one-half cupful of sugar, three tablespoonfuls of melted butter, one beaten egg, one cupful of milk, two cups of flour, and one and a half teaspoonfuls of baking powder. Add to this a cupful of finely cut peaches, bake in a loaf, and serve with Rocky Mountain sauce, made with a cupful of sugar, three-quarters of a cupful of butter worked to a cream, one beaten egg, and a generous grating of nutmeg. Melt over a tea kettle and before serving add a wine-glassful of good cider, stirring thoroughly, so that it is well blended.

SEPTEMBER

FRIDAY

BREAKFAST

Sliced Bananas ‡
 Egg with Pimiento Potatoes *
 Toast * Plum Gumbo *
 Milk ‡ Coffee *

LUNCHEON

Macaroni Virginia Style ‡
 Huntington Salad ‡ *
 Standish Pudding ‡ Tea *

DINNER

Clam Bisque *
 Spiced Pickles ‡
 Baked Halibut, Swedish Style *
 Fresh Green Corn *
 Potatoes en Casserole ‡
 Chicory and Celery Salad ‡
 Raspberry Ice ‡ Coffee *

EGG WITH PIMIENTO POTATOES

To two cupfuls of hot riced potatoes, add two tablespoonfuls butter, one-third cupful rich milk, and one-half teaspoonful salt. Beat vigorously three minutes, add one and one-half cans of canned pimientos, forced through a strainer, and continue the beating until mixture is thoroughly blended. Pile evenly on a buttered baking dish, and make four cavities. In each cavity slip a raw egg, and bake until eggs are set.

MACARONI, VIRGINIA STYLE

One and one-half cupfuls macaroni, two tablespoonfuls butter, one teaspoonful mustard, one-half cupful grated cheese, one and one-quarter cupfuls white sauce, three tablespoonfuls dried bread crumbs.

Break macaroni in one-inch pieces and cook in boiling, salted water twenty minutes or until soft; drain in colander and pour over one quart cold water. Put half in buttered baking dish, dot with one-fourth the butter and sprinkle with one-half the mustard and cheese; repeat, pour over white sauce, cover with dried bread crumbs—mixed with remaining butter and bake in hot oven until crumbs are brown.

STANDISH PUDDING

One quart strawberries, one cupful granulated sugar, one cupful water, lemon juice, one pint heavy cream, one-half tablespoonful vanilla, two-thirds cupful rolled dried macaroons.

Pick over strawberries, sprinkle with granulated sugar, cover and let stand two hours. Mash, squeeze through a double thickness of cheese cloth and add water and lemon juice to taste. Turn mixture into a brick mold. Beat cream until stiff and add powdered sugar, vanilla and rolled macaroons. Pour over fruit mixture to overflow mold. Cover with buttered paper (buttered side up,) adjust cover, pack in rock salt and finely crushed ice, using equal parts, and let stand three hours. Remove from mold to chilled serving dish.

BAKED HALIBUT, SWEDISH STYLE

One pound sliced halibut, three-quarter cupful canned tomatoes, one-half teaspoonful powdered sugar, one-half onion, one-third of a cupful heavy cream.

Wipe halibut and remove skin. Place in an earthen baking dish, sprinkle with salt and pepper and brush over with melted butter. Drain tomatoes and add sugar. Spread over fish, then cover with onion, thinly sliced. Bake twenty minutes, pour over cream and bake ten minutes. Remove onion and serve at once, from dish in which it was cooked.

PLUM GUMBO

Five pounds plums, two pounds seeded raisins, three oranges, five pounds sugar.

Wipe plums, remove stones and cut in pieces. Force raisins through a meat chopper or chop. Wipe oranges, and cut in thin slices crosswise, removing seeds. Put fruit in preserving kettle, add sugar, bring to boiling point and let simmer until of the consistency of a marmalade. Fill jelly glasses with mixture, cool and seal.

SEPTEMBER

SATURDAY

BREAKFAST

Tip Top Melon ‡

Coddled Eggs *

Toasted Raisin Bread *

Milk ‡

Marmalade ‡

Coffee *

LUNCHEON

Dutch Stew *

Romaine Salad ‡

Parker House Rolls *

Fresh Plum Pie *

Milk ‡

Tea *

DINNER

Swiss Soup ‡ *

Pickles ‡

Baked Beef Heart *

Green Corn *

Spanish Sauce ‡

Baked Potatoes ‡

Stuffed Tomato Salad ‡

Maple Apple Pudding *

Milk ‡

Coffee *

DUTCH STEW

See page 171

SWISS SOUP

Heat six cupfuls of soup stock, for fifteen minutes. Add one cupful of American cheese cut in small cubes, remove from the fire before the cheese melts and serve over slices of fried bread.

SPANISH SAUCE

Heat three tablespoonfuls of butter in a saucepan, add one chopped onion and fry a light brown; add three seeded and chopped green peppers and six peeled and sliced tomatoes; season with pepper and salt and simmer forty minutes.

STUFFED TOMATO SALAD

Peel six large tomatoes, remove the insides, sprinkle with salt and turn upside down on a cold platter; set on the ice for one hour and fill with a mixture made by mixing one cupful of dry cottage cheese with half a cupful of chopped ripe olives, one tablespoonful of chopped chives, one tablespoonful of finely chopped onion, one tablespoonful of chopped capers, two tablespoonfuls of chopped pimentos, and two-thirds of a cupful of lemon French dressing. Place a filled tomato on a lettuce covered plate and serve.

MAPLE APPLE PUDDING

Peel and core six apples, place in a buttered baking dish, spread over the tops one and a half cupfuls of boiled rice; add one and a half cupfuls of maple syrup, three-quarters of a cupful of sugar, three-quarters of a cupful of water mixed with two teaspoonfuls of vanilla; dot with three tablespoonfuls of butter broken in small bits and bake in a moderate oven forty-five minutes. Serve warm with orange custard.

SEPTEMBER

SUNDAY

BREAKFAST

Peaches and Cream †
 Bacon and Eggs *
 Waffles *
 Milk †
 Maple Syrup †
 Coffee *

DINNER

Cantaloupe Cocktail †
 Radishes †
 Celery †
 Cressy Soup † *
 Lamb Roast *
 Lima Beans †
 Asparagus Salad †
 Sweet Potatoes †
 Peach Ice Cream †
 Orange Wafers *
 Coffee *

SUPPER

Chicken and Green Pepper Sandwich *
 Turkish Melon †

CANTALOUPE COCKTAIL

Cantaloupe, ripe peaches, white grapes, pineapple, red cherries, maraschino.

Cut melon in balls with vegetable scoop, and fill a serving glass. Add one or two seeded white grapes, a small quantity of sliced ripe peaches and pineapple. Cover the whole with maraschino and place one cherry on top.

CRESSY SOUP

One celery root, one stalk celery, four large carrots, three large onions, two stalks leek, dusting of ginger and mace, salt and pepper to taste, one-half large can tomatoes.

Place all the vegetables, soup bone, tomatoes and about two and one-half quarts of water in granite kettle, add the dry ingredients, boil three hours slowly so as to reduce the liquid to about one quart, strain. Take the carrots when cool, grate, add two level spoons of flour, one quarter teaspoonful baking powder, pinch of salt, one egg well beaten, fry in pan like a pancake, when that is cool cut in squares like croustons and drop in hot soup. Serve about four of these squares to each person and garnish with chopped parsley.

PEACH ICE CREAM

One and one-half pints of cream, two-thirds cupful sugar, one teaspoonful vanilla, four cupfuls peeled peaches, two-thirds cupful sugar.

Mash the peaches and add two-thirds cupful of sugar. Let stand for fifteen minutes or more. Mix the cream, sugar and vanilla. Pour into a cooled, sterilized freezer and freeze until partially hard, or of a "mushy" consistency. Add the peaches and sugar and freeze until very hard.

ORANGE WAFERS

One-half cupful butter, one cupful sugar, one orange, one teaspoonful soda, one tablespoonful cold water, two cupfuls of flour.

Cream butter and gradually add sugar and orange rind, beating until light. Dissolve soda in water, add to one-half cupful orange juice, then add this and the flour, alternately, to the butter and sugar. Spread mixture on well-buttered sheet, in thinnest possible layer, and bake in a moderate oven. When baked cut in squares and quickly roll each square while hot over a handle of a wooden spoon.

CHICKEN AND GREEN PEPPER SANDWICH

Run enough chicken through the meat chopper to make two cupfuls; cut out the stem ends and remove the seeds from three large sweet peppers; run them through the meat chopper; mix the chicken and pepper together; season with half a teaspoonful of salt and two tablespoonfuls of sweet cream. Place between thin slices of lightly buttered white bread. Cut in triangles. Serve on lettuce leaf.

SEPTEMBER

MONDAY

BREAKFAST

Strawberries and Cream †

Ham and Eggs *

Toast *

Jelly †

Milk †

Coffee *

LUNCHEON

Surprise Croquettes * with Peas †

Radish Salad †

Peach Sponge †

Milk †

Tea *

DINNER

Cream of Lettuce Soup †

Sweet Pickles †

Breaded Pork Chops *

Creamed String Beans †

Potatoes †

Asparagus Salad †

Chocolate Cake *

Milk †

Coffee *

SURPRISE CROQUETTES

Two cupfuls cold boiled rice, one cupful cold boiled ham, one cupful thick cream sauce, one hard-boiled egg, one raw egg, two tablespoonfuls finely chopped green peppers, one teaspoonful salt, breadcrumbs.

Put the rice and ham through food chopper; add cream sauce, pepper and salt. Mix well. Cut the hard-boiled egg in six pieces the long way. Put the ham and rice mixture around the pieces of egg; roll in flour, then in the raw egg, mixed with one tablespoonful cold milk; dip the croquettes in egg then in breadcrumbs; fry in very hot fat. The croquettes are made oblong. Serve with green peas around. The cream sauce is made with one tablespoonful butter, two tablespoonfuls flour and one cupful cold milk, seasoned and flavored to taste.

PEACH SPONGE

One tablespoonful granulated gelatin, two large soft peaches, one-half cup sugar, two teaspoonfuls lemon juice, two cupfuls boiling water.

Put the gelatin in bowl with two tablespoonfuls cold water; soak ten minutes; pour over the boiling water, add the sugar and, when cool, but not set, add the lemon juice and the peaches, which have been pared, crushed and strained through colander.

Place bowl in pan of water with piece of ice; beat the same as snow pudding until it gets firm. Pour into large mold, which has been rinsed with cold water; place mold in cold water until ready to serve. This is much improved if served with whipped cream.

CREAM OF LETTUCE SOUP

For this use the outside leaves of lettuce, no matter how coarse, washed and shredded.

Four cupfuls shredded lettuce, two cupfuls boiling water, two cupfuls boiling milk, one level teaspoonful salt, pinch of pepper, one-quarter teaspoonful grated nutmeg, one teaspoonful butter, one tablespoonful flour.

Put the lettuce in saucepan, cover with boiling water; boil slowly thirty minutes; mash through strainer; add milk, seasoning and flavoring. Mix soft butter with flour until smooth and add to boiling milk and lettuce. Boil five minutes, sprinkle with paprika, chopped parsley or a little chopped green lettuce just before serving.

CHOCOLATE SPONGE CAKE

Beat half a cup of butter to a cream, add the well-beaten yolks of three eggs and four tablespoons of ground chocolate, beat well and add one cup of sugar, one teaspoon of cinnamon, a pinch of mace, and one-quarter of a teaspoon of cloves, beat ten minutes; add half a cup of cold water and beat smooth. Sift one cup of sifted flour with three level teaspoons of baking powder and beat into the mixture with the well-beaten whites of three eggs. Bake in layer tins fifteen minutes in a moderate oven.

SEPTEMBER

TUESDAY

BREAKFAST

Strawberries ‡
Egg a l'Ardenaise *
Rice Muffins *
Milk ‡
Marmalade ‡
Coffee *

LUNCHEON

Lomo *
Biscuits *
Grape Mousse * ‡
Walnut Wafers *

Iced Tea *

DINNER

Spaghetti Soup *
Celery ‡
Chicken Milanaise *
Timbale of Spinach and Peas ‡
Romaine Salad, French Dressing ‡
Milk ‡
Spanish Chocolate Cream *
Coffee *

EGG A L'ARDENAISE

Beat to a stiff froth the whites of six eggs, seasoned with one-half teaspoonful each of onion juice and chopped chives, and one teaspoonful of finely chopped parsley, salt and pepper to taste. Butter a fireproof dish and turn in the eggs, and pour on top very carefully four tablespoonfuls of thick cream. Place at equal distance the unbroken yolks, and bake quickly in the oven until the yolks are well set. Serve in the same dish.

LOMO

Cut two pounds of fresh pork loin into nice flat pieces large enough for a portion. Marinate for two hours in a tablespoonful of vinegar, a little chopped tarragon, a clove of chopped garlic, and a chopped pepper (seeds removed), then broil and serve on a bed of mashed potatoes.

WALNUT WAFERS

Mix one-half cupful of brown sugar with one-half cupful of white sugar and cream with one-half cupful of butter. When smooth add the beaten yolks of three eggs and beat hard; then add one-half cupful of New Orleans molasses, and, last of all, one-half cupful of sifted flour. Drop teaspoonfuls of the batter on a greased baking tin, about two inches apart; place one-fourth of a walnut on each, and bake in a very slow oven until brown, about ten minutes. Keep in covered dish.

CHICKEN MILANAISE

Prepare and truss a young chicken, as for roasting. Put it in a casserole, and pour over it two tablespoonfuls of olive oil, a cupful of white wine, a cupful of bouillon, salt and cayenne to taste, one spoonful of dried mushrooms, soaked in one cupful of water and chopped fine, and one-half can of mushrooms. Cover tightly and simmer in the oven for about an hour, turning the chicken occasionally; add a dozen olives and a tablespoonful of butter, braised, with one tablespoonful of flour, and bring to a boil. Remove the chicken and add about a pint of boiled spaghetti, or tagliarini to the sauce. Place the chicken on a platter, surround with the spaghetti, and serve with grated Parmesan cheese.

SPANISH CHOCOLATE CREAM

One tablespoonful of gelatine, one-quarter cupful of cold water, one teaspoonful of vanilla, one scant cupful or seven ounces of sugar, six egg yolks, one and one-half cupfuls of scalded milk, three-quarters of a pint of chilled cream, three ounces of unsweetened powdered chocolate.

Soak the gelatine thirty minutes in the cold water, then let stand in hot water until thoroughly dissolved. Strain through a cheese cloth. While beating the eggs in a saucepan, gradually add the sugar, milk and vanilla. Set pan in a bath of hot water and, while beating, add the gelatine and cook without boiling until it fairly masks the spoon. Strain, add to strained mixture a teaspoonful of vanilla extract.

Set the custard in a cold place to cool and as it begins to thicken, set it in ice water and fold in, over and over, the cream whipped stiff and dry. Arrange in Charlotte mold lined with lady fingers, and chill.

SEPTEMBER

WEDNESDAY

BREAKFAST

Prunes *
 Eggs Scrambled with Minced Ham *
 Toast * Marmalade ‡
 Milk ‡ Coffee *

LUNCHEON

Head Cheese *
 Potato and Celery Root Salad ‡
 Fruit Cup ‡
 Milk ‡ Tea *

DINNER

Braised Short Ribs of Beef *
 Browned Carrots ‡
 Mashed Potatoes ‡
 Salade Norge ‡
 Orange Cup Custard *
 Sponge Drops *
 Milk ‡ Coffee *

POTATO-CELERY SALAD

Peel and slice two knobs of celery root or celeriac into thin slices and cover with boiling salted water for two minutes; drain and chill on the ice. Peel and slice three medium-sized, cold, boiled potatoes and mix them with the cold celery root. Mix with French dressing, mound on lettuce-covered plates and garnish with finely-chopped parsley and strips of red and green peppers.

FRUIT CUP

Mix equal parts of peeled and diced orange, peeled and diced apples, peeled and diced pineapple, and seedless raisins with maraschino syrup and set in the ice to become thoroughly chilled. Half fill cold stem glasses with the mixture, fill glasses with vanilla ice cream and pour over all marshmallow sauce. Decorate with halves of maraschino cherries.

BRAISED SHORT RIBS

Have the butcher cut three pounds of short ribs of beef in three-inch pieces; season them with pepper and salt and place in a Dutch oven with two onions cut in quarters, three scraped carrots, and three tablespoons of butter. Stir and cook until a nice brown; add to the pot two cups of tomatoes, a kitchen bouquet, two tablespoons of browned flour, the strained juice of one orange, and three cups of beef stock. Bring to a boil and place in the oven until the meat is tender. Remove the meat to a hot platter and strain the gravy over it.

SALADE NORGE

See page 106

ORANGE CUP CUSTARD

Place the strained juice of six oranges in a saucepan, add half a cup of sugar and one tablespoon of lemon juice; bring to a boil, skim and stir until the sugar is dissolved. Remove from the fire and cool. Dissolve one level tablespoon of cornstarch in two cups of milk, mix with the well-beaten yolks of five eggs and stir into the orange syrup. Place in a double boiler and stir over the fire until thick, do not boil; strain into custard cups and set in the ice box to harden. Before serving sprinkle the tops with grated chocolate.

SEPTEMBER

THURSDAY

BREAKFAST

	Tip-Top Melon ‡
	Scrambled Eggs with Ham *
Toast *	Mixed Fruit Marmalade ‡
Milk ‡	Coffee *

LUNCHEON

Tremont Salad *
 Poppy Seeds Rolls *
 Pineapple Pie * ‡
 Iced Tea *

DINNER

	Cream of Tomato ‡
	Young Onions ‡
	Hashed Beef, Martha *
Wax Beans ‡	Green Corn *
	Stuffed Tomato Salad ‡
	Frozen Apricots ‡
	Cocoanut Cake *
Tea *	Coffee *

MIXED FRUIT MARMALADE

See page 159

TREMONT SALAD

Mix in a bowl that has been rubbed with a clove of crushed garlic one cupful of cooked diced ham, one cupful of cooked diced veal, two-thirds of a cupful of peeled and diced celery, four tablespoonfuls of chopped pimienta, two tablespoonfuls of capers, and half a cupful of French dressing. Let stand in a cool place one hour, drain and mound on six lettuce-covered plates. Cover with mayonnaise and sprinkle with chopped parsley.

PINEAPPLE PIE

See page 159

HASHED BEEF

Heat four tablespoonfuls of butter in a saute pan, add one thinly sliced onion, one chopped green pepper, and one chopped fresh pimienta; stir and cook until the peppers are soft, add two cupfuls of clear cooked beef cut in small dice, two cupfuls of peeled, boiled potatoes cut in small dice, and one cupful of beef stock or one bouillon cube dissolved in one cupful of boiling water. Cover, set in a moderate oven for thirty minutes, turn out on a hot platter, garnish with chopped parsley and toast points.

FROZEN APRICOTS

Peel, remove seeds of four cupfuls firm ripe apricots in small dice; place in a saucepan, add four cupfuls of water to the four cupfuls of apricot pulp and two cupfuls of sugar; heat slowly and simmer five minutes. Remove from the fire, add the grated rind and juice of one orange, cool, turn into a freezer and freeze. Remove the dasher, repack with ice and salt and let stand two hours before serving.

SEPTEMBER

FRIDAY

BREAKFAST

Melon †
Egg Mignonette *
Toast * Jelly †
Milk † Coffee *

LUNCHEON

Vegetable Platter Meal † *
Shrimp Salad with Tomatoes * †
Strawberry Ice Cream †
Milk † Tea *

DINNER

Clam Chowder *
Ripe Olives †
Salmon Creole *
Carrots and Peas † Panned Sweet Potatoes †
Lettuce with Egg Dressing † *
Banana Puff, Fruit Sauce * †
Milk † Coffee *

VEGETABLE PLATTER MEAL

Three cups of diced potatoes, two cupfuls of small or cut onions, two cupfuls of cut carrots, one cup of string beans, two tablespoonfuls of butter, two tablespoonfuls of flour, two tablespoonfuls of grated cheese, two tablespoonfuls of chopped parsley, salt and pepper, one cupful of white sauce.

Boil potatoes, onion and cut carrots together in very little water, when tender, drain and cover with sauce made from vegetable stock. Put in center of chop plate, and the string beans, which have been prepared as usual, around the mixed vegetables. Sprinkle with cheese, parsley and paprika.

SALMON CREOLE

One cupful of salmon, one cupful of rice, two tablespoonfuls of butter, one cupful of canned tomatoes, one-half cupful of chopped onion, two teaspoonfuls of salt, two teaspoonfuls of sugar, one-half chopped green pepper, one-eighth teaspoonful of paprika. Parsley.

The rice is boiled, blanched and drained as usual; sprinkle with salt. Sauce is made as follows:

Put the fat, onion and pepper in pan; add the tomatoes; season to taste and fry until well done, but not too brown; add one-half cupful of rice stock; boil three minutes, add rice; mix well; put on chop plate.

The salmon is heated in the can and placed on the center of rice; sprinkle all with chopped parsley and garnish with slices of lemon. One teaspoonful of curry powder or dry mustard can be added to the sauce if desired.

BANANA PUFF, FRUIT SAUCE

One cupful of flour, one teaspoonful of baking powder, two teaspoonfuls of butter, four teaspoonfuls of sugar, one teaspoonful of salt, one-half cupful of milk, two bananas.

Sift flour, baking powder and salt into bowl; add butter and rub in very lightly; add milk to make a dough. Brush four custard cups with a little melted butter; put a scant tablespoonful of dough in bottom, then one-half of a banana and cover with another of dough. Place in moderate oven twenty to twenty-five minutes; turn out into saucepan and service with fruit sauce.

SEPTEMBER

SATURDAY

BREAKFAST

Baked Pear with Cream ‡

Coddled Eggs *

Toast *

Marmalade ‡

Milk ‡

Coffee *

LUNCHEON

Stewed Tripe, Creole *

Chicory Salad ‡

Hot Rolls *

Iced Watermelon ‡

Milk ‡

Tea *

DINNER

California Oyster Cocktail *

Celery Sticks ‡

Baked Shoulder of Lamb *, Mint Sauce ‡

Lima Beans ‡

Browned Potatoes ‡

Hearts of Lettuce ‡, Russian Dressing *

Orange Souffle Glace, St. Francis * ‡

Milk ‡

Coffee *

STEWED TRIPE, CREOLE

Boil two pounds of cleaned tripe until tender, cut into slices two inches long and half an inch wide. Place in a saucepan two tablespoonfuls of butter and two peeled and sliced onions, cover and cook until soft; add one chopped green pepper, one chopped clove of garlic, three tablespoonfuls of chopped raw ham, one tablespoonful of chopped parsley, and one finely crushed bay leaf; stir and cook until the onion is browned, add a two-pound can of tomatoes, boil up and simmer ten minutes. Add a seasoning of salt and cayenne pepper and the cooked tripe, cover and let simmer thirty minutes. Pour into a deep platter and garnish with points of toast.

OYSTER COCKTAIL

Mix in a cold bowl two cupfuls of tomato catsup, one teaspoonful of paprika, two teaspoonfuls of grated horseradish, the strained juice of two lemons, two teaspoonfuls of Worcestershire sauce, and a seasoning of salt. Just before serving add thirty-five California oysters, divide into six tall glasses, set in a bowl of cracked ice and garnish with lemon slices.

MINT SAUCE

Place a cupful of finely chopped mint leaves in a double boiler, add one teaspoonful of sugar, one teaspoonful of tarragon vinegar, and two cupfuls of clear beef stock; let stand in hot water to keep warm, but do not boil. Serve with roast lamb.

ORANGE SOUFFLE

Cut a slice from the tops of six large oranges and carefully remove the insides without breaking the skins. Cut the flesh in cubes and add an equal amount of diced pineapple, peeled and diced apples, and peeled and seeded grapes. Fill the shells one-third full with the mixture, fill with vanilla ice cream and pile on the tops of meringue made by beating the whites of three eggs to a stiff froth with six tablespoonfuls of sugar and the grated rind of one orange. Dust with powdered sugar and brown in a hot oven.

SEPTEMBER

SUNDAY

BREAKFASTCasaba Melon †
Waffles and Bacon *

Milk †

Coffee *

DINNERMock Bisque Soup †
Sweet Gherkins †
Potted Shoulder of Lamb *
String Beans † Sweet Potatoes †
Orange and Nut Salad †
Grape Fruit Sherbet †
Buttermilk Cookies *
Coffee ***SUPPER**Tip-Top Sandwich *
Coffee * Chiffonade Salad †**MOCK BISQUE SOUP**

One quart scalded milk, one slice onion, four tablespoonfuls flour, one can tomatoes, two teaspoonfuls sugar, one-quarter teaspoonful soda, one-third cupful butter, one teaspoonful salt, one-eighth teaspoonful pepper, four or five drops Tabasco sauce.

Scald onion with milk. Remove onion and thicken milk with flour diluted with cold water to pour. (There should be no lumps in flour paste.) Cook twenty minutes in a double boiler, stirring constantly at first, afterward occasionally. Put tomatoes in a saucepan and cook until moisture is well dried off. There should be two cupfuls of pulp. Rub through puree strainer; add sugar and soda. Add the tomato mixture to the thickened milk, then strain into hot soup tureen over butter, salt, pepper and Tabasco sauce.

POTTED SHOULDER OF LAMB

Prepare two shoulders of lamb. Take out the bones, dress to a roll and season. Roast the meat with one carrot, two onions, half a bay leaf, a few whole peppers and a small piece of garlic. Roast to a golden color. Then put in the meat and the other ingredients in a pot. Dilute with bouillon and smother till done. Add a little water to two tablespoonfuls of flour for thickening the sauce, which is served on the side.

ORANGE AND NUT SALAD

Remove the pulp from four large oranges, cut each in eighths and divide these in halves. Marinate with French dressing. Marinate an equal quantity of English walnuts, using the halves; toss together lightly with a fork and arrange each portion in nests of lettuce heart leaves; sprinkle with finely chopped hearts of crisp celery and mask with mayonnaise.

GRAPEFRUIT SHERBET

One quart water, one and one-quarter pounds sugar, one and one-half ounces orange peel, one-half lemon peel, juice of four grapefruits, two oranges, juice, one-quarter cupful of forbidden fruit cordial.

Boil sugar and water ten minutes, adding the peel of the lemon and orange; strain and let get cold, add juice of oranges and grapefruit and the cordial. Any cordial that will blend with the fruit juices will do. Freeze in the ordinary manner, serve in glasses or fancy cases.

BUTTERMILK COOKIES

Two cupfuls sugar, one cupful butter, one cupful buttermilk, one-half teaspoonful vanilla, one teaspoonful soda, grated rind of lemon, flour to roll.

Cream sugar and butter, add to buttermilk that has soda dissolved in it. Flavor and use sufficient flour to roll.

TIP-TOP SANDWICH

Chop fine six slices of uncooked bacon, add two green peppers (seeds removed) chopped fine, three onions the size of an egg, chopped fine, season with pepper and salt. Fry the above mixture until the bacon is done, then scramble in two eggs. Place between thin slices of lightly buttered white bread. Garnish with a radish.

SEPTEMBER

MONDAY

BREAKFAST

Figs and Cream †
Poached Eggs and Toast *
Jam †

Milk †

Coffee *

LUNCHEON

Lamb Sweetbreads *
Romaine Salad †
Orange Parfait †

Milk †

Tea *

DINNER

Rice Soup *
Sweet Pickles †
Squab en Casserole *
Fried Cucumbers † Baked Potatoes †
Casaba Salad †
Watermelon †

Milk †

Coffee *

LAMB SWEETBREADS

Soak a pair of sweetbreads in luke-warm water, then place them in a saucepan with sufficient boiling water to cover them and simmer for ten minutes. Take them out and place them in cold water; next lard them and place in a stewpan, adding a sprinkling of pepper and salt, a small bunch of green onions, sliced fine, a blade of mace, a half-pint of white stock and a thickening of a little butter and flour rubbed to a cream; stew all gently for twenty minutes. Beat two eggs with a half-pint of cream to which add a little minced parsley and a slight grating of nutmeg. Add this to the other ingredients, but do not allow the mixture to boil after adding for it will curdle. Have some asparagus tips, that have been boiled in water, ready drained and lay them around the dish as an edible garnish.

ORANGE PARFAIT

Dissolve half an ounce of powdered gelatine in one-half cupful of hot water and add one cupful of sugar and two cupfuls of whipped cream. Stir until it begins to thicken, then add one tablespoonful of orange juice and one glassful of orange marmalade. Beat all together, then put in one large or two small molds and freeze.

RICE SOUP

Put four ounces of rice into boiling water and let it boil five minutes. Then pour into a sieve and allow it to drain well. Then add it to two quarts of boiling white stock. Add a level teaspoonful of salt, a quarter of a saltspoonful of pepper, and a pinch of mace. Just before it goes to table put a few tablespoonfuls of whipped cream over the top and serve with toasted bread sippets.

SQUAB EN CASSEROLE

See page 130

FRIED CUCUMBERS

Pare three cucumbers, cut them in length-way slices, dry them, and dip them into yolk of egg, dust with fine cracker dust, fry in deep, hot fat; drain and serve in a napkin.

CASABA SALAD

See page 166

SEPTEMBER

TUESDAY

BREAKFAST

Pears and Cream ‡
 Creamed Dried Beef *
 Toast *
 Milk ‡
 Marmalade ‡
 Coffee *

LUNCHEON

Ravioli *
 Lettuce, Venetian Salad Dressing ‡
 Chartreuse of Strawberries ‡
 Milk ‡
 Tea *

DINNER

Pimiento Bisque ‡
 Sweet Pickles ‡
 Chicken Portuguese *
 Corn Fritters *
 Belmont Salad ‡
 Lalla Rookh *
 Milk ‡
 Coffee *

RAVIOLI

Make a paste of two cupfuls of flour, two eggs, one-half teaspoonful of salt and water enough to make a stiff dough. Knead well and roll out into a sheet as thick as very thin cardboard. Cut it in half and proceed as follows: Place one teaspoonful of farce in regular rows on the paste two inches apart. Moisten the upper part of the paste and place carefully on top of the lower piece, pressing the two together with the fingers or with a ravioli rolling pin, forming small cushions between. Cut through the rows down and across with a pastry knife in such a way as to leave pieces about two inches square. Place the ravioli on a board covered with a clean piece of muslin, near the stove and dry thoroughly. When needed poach them, a few at a time, in clear bouillon for ten minutes. When all are done place in a tureen and pour the soup over the ravioli; add a few spoons of grated Parmesan cheese and serve.

FARCE FOR RAVIOLI

Take one cupful of cold chicken, veal or fish, chop very fine and rub to a paste, with one calf or two sheep brains, parboiled; add one cupful of bread crumbs which have been soaked in milk and then squeezed dry, one teaspoonful of onion juice, one-half teaspoonful of salt, a grating of nutmeg, dash of cayenne and thyme, and rub well together. Have ready one cupful of spinach, which has been boiled, drained and chopped; stir the spinach into the paste, add the yolks of two eggs, beat for two minutes.

PIMIENTO BISQUE

Boil six large sweet red peppers until tender. Remove skin and seeds and rub through a colander with a few spoonfuls of the water in which they were boiled. Boil one-half cupful of rice in three pints of white stock, or milk in double boiler until perfectly soft, and then rub through a sieve. Add the pepper pulp, one teaspoonful of onion juice, one teaspoonful of salt, and season highly with Tabasco sauce. Bring to a boil, remove from stove, and stir in slowly one-half cupful of thick cream, mixed with the yolks of two eggs. Serve with croutons, if fresh peppers are out of season.

CHICKEN PORTUGUESE

Into the bottom of a casserole put a piece of pork rind. On this stand a tender roasting chicken, trussed; add four ounces of butter, salt and cayenne to taste, and a few drops of kitchen bouquet. Then add the following vegetables, chopped fine: Two onions, two young carrots, one-half head of celery, two chilies, two bell peppers, seeds removed, and one cupful of soup stock. Cover the casserole and cook quickly for forty minutes. From time to time baste the chicken with a spoon of the gravy; then add two tomatoes, skinned and sliced, and cook for thirty minutes more. Serve in the casserole.

SEPTEMBER

WEDNESDAY

BREAKFAST

Grapes †
 Hamburg Eggs *
 Hot Rolls *
 Milk †
 Marmalade †
 Coffee *

LUNCHEON

Spareribs Stuffed *
 Tomato Salad †
 Date Pie * †
 Milk †
 Tea *

DINNER

Southern Tomato Soup †
 Ripe Olives †
 Flank Steak with Onions *
 Green Peas †
 Stuffed Potatoes †
 Charlotte Salad †
 Grape Juice Souffle *
 Milk †
 Coffee *

HAMBURG EGGS

Cream two tablespoonfuls of butter, four tablespoonfuls of soft bread crumbs, and a teaspoonful of minced parsley, seasoning to taste with salt, paprika and celery salt. Work all to a smooth paste, and with it line small individual patty pans that have been brushed with melted butter; break an egg carefully into each, and, after dusting lightly with salt, cover with a mixture of melted butter and browned bread crumbs, cooking for six minutes in a hot oven. Serve in the pans garnished with parsley.

SPARERIBS STUFFED

Sew together several pounds of fresh spareribs, so that they form a pocket, then stuff with the following: One pound of prunes boiled for five minutes (pour the juice of the prunes into a bowl). Peel and cut a quart of sour apples into small pieces then mix them with the prunes, adding to this mixture, sugar, a little cinnamon, and a tablespoonful of cracker dust. Put this stuffing into the spareribs and sew the pocket together. Put juice of the prunes into the pan in which the spareribs are to be roasted and cook in the oven for one hour.

FLANK STEAK WITH ONIONS

Place in a casserole a flank steak cut from the thick end of the flank, one and one-half inches thick. Cover with two inches depth of onions sliced and well seasoned with salt and pepper. Finally cover with thin slices of salt pork and add one cupful of water. Cover closely and bake in a slow oven or a fireless cooker all the afternoon. There will be little evidence of the salt pork when done. Just before serving remove cover and brown. Serve from the casserole.

GRAPE JUICE SOUFFLE

To one pint of grape juice, add two tablespoonfuls of granulated gelatine and heat until gelatine is dissolved. Strain and cool. When mixture begins to stiffen, beat in the stiffly beaten whites of four eggs, and fold in one cupful of stiffly beaten cream. Turn into molds and chill.

SEPTEMBER

THURSDAY

BREAKFAST

Figs and Cream †

Poached Eggs *

Toast *

Marmalade †

Milk †

Coffee *

LUNCHEON

Veal Paprika *

Grape Salad †

Banana Mousse †

Milk †

Tea *

DINNER

Puree Jackson †

Ripe Olives †

Braised Tongue *

Corn Pudding *

Puree of Potatoes †

Waldorf Salad †

Strawberry Charlotte †

Milk †

Coffee *

VEAL PAPRIKA

Take two pounds of loin of veal. Have the veal cut in good sized pieces. Put a tablespoonful of fat or drippings into the pot. Add two onions sliced, make red with paprika. Let this cook until the onions are well done but not brown. Add the meat, which is well sprinkled with salt. Cover and let them brown thoroughly. Turn occasionally so it will brown on all sides. Let it simmer for a while in its own juice, then just cover it with boiling water and let it simmer for one hour. This is very good served with boiled spaghetti which has been seasoned with butter, pepper and salt.

BANANA MOUSSE

Four bananas, three quarter cupfuls sugar, juice of one-half lemon, one and one-half cupfuls cream.

Cook mashed banana pulp in double boiler with sugar and lemon until scalded throughout. Beat cream until firm. Fold the two mixtures together. Turn into a quart mold, filling it to overflowing. Spread paper over the top of the mixture and over this press the cover, to have the paper extend beyond the cover on all sides. Pack in equal measures of salt and crushed ice. Let stand about three hours, repacking once meanwhile.

BRAISED TONGUE

A fresh tongue is necessary for braising. Put the tongue in a kettle, cover with boiling water, and cook slowly two hours. Take tongue from water, drench with cold water, remove skin and membranes; fasten the tip around against the thick part, tying or skewering firmly. Fry two onions, one turnip, and one carrot, all cut fine, in butter until brown. Remove from the pan and set aside. Flour the tongue all over and put into a hot pan with the butter. Turn it on all sides until browned slightly. Put the tongue, fried vegetables, a small piece of stick cinnamon, one clove and a bunch of sweet herbs into a casserole. Add one quart of the liquor in which the tongue was boiled. Close the lid as tightly as possible to keep in the steam. Place in the oven. After one and one-half hours open, turn the tongue and add the juice of one lemon. Close as before and leave one-half hour longer in the oven. Now put the tongue on a hot dish and set it over hot water while the gravy is being boiled down from fifteen to twenty minutes. If it is not quite thick enough add two teaspoonfuls of cornstarch with a little water, stir it into the boiling gravy and boil two or three minutes. Strain some of the gravy over the tongue and serve the remainder in a sauce boat.

STRAWBERRY CHARLOTTE

See page 169

SEPTEMBER

FRIDAY

BREAKFAST

Waffles * Sliced Oranges †
Milk † Honey †
 Coffee *

LUNCHEON

Tuna Fish and Pineapple Pate Salad * †
Brown Bread * Ice Cream †
Tea *

DINNER

Puree of Asparagus †
Young Onions †
Baked Halibut * Potatoes †
Grapefruit Salad †
Apple Cheesecakes *
Coffee *

TUNA FISH AND PINEAPPLE PATE

Free one can of tuna fish from all skin and bone and flake it; grate one medium-sized sweet pineapple and add it to the fish. Take one cupful of dry bread crumbs and fry them a delicate brown in butter, stirring them constantly so that they are evenly done; drain them carefully and add them to the fish. Next make a good English brown sauce with a pound of round steak diced, one sliced onion, bunch of savory herbs, diced carrot, potato, two cloves, spray of parsley, and let all simmer until the goodness is all extracted from the meat; strain, then put back into the saucepan, and thicken with a little browned flour and butter mixed to paste. When the right consistency, add the fish and pineapple with the crumbs, let all boil up once and then fill the pate shells with the mixture. Serve garnished with a little finely chopped red pepper.

BROWN BREAD ICE CREAM

Pour a pint of boiling milk over three ounces of brown bread crumbs, add five ounces of sugar, a teaspoonful of vanilla, and one and a half tablespoonfuls of gelatine dissolved in a little water. Stir until all is dissolved; when cool add a half-pint of cream and freeze. A glass of good grape juice may be added if desired to heighten the flavoring.

BAKED HALIBUT

Have a halibut steak cut one and one-half inches thick, wash and dry it carefully. Have a small roasting pan well buttered and sprinkled with finely minced onion, pepper and salt, and lay in the fish. Sprinkle with the onion, a dusting of pepper and salt, a teaspoonful of lemon juice, a cup of good stock, and the beaten yolk of an egg. Put generous lumps of butter over it and bake thirty minutes. Serve with a rich tomato dressing. If liked, just before it is done a little bit of grated cheese may be sprinkled over the top. Garnish with parsley and hard-boiled egg rings and serve hot.

GRAPEFRUIT SALAD

Take a good grapefruit cut in dice, a cupful of bottled French chestnuts may be chopped and added to the pulp, with a few sliced truffles and a dressing made of two parts walnut oil, one part tarragon vinegar, a half-saltspoonful of pepper, a saltspoonful of salt and a dessertspoonful of vanilla syrup beaten thoroughly. This makes a delightful salad, and cheese straws are served with it. This will serve four people. Serve in a nest of lettuce.

APPLE CHEESECAKES

Pare, core and boil sufficient apples to make a half-pound when cooked; add to this pulp a quarter-pound of sugar, a quarter-pound of melted butter, four eggs, leaving out the whites of two, and the rind and juice of one lemon. Stir the mixture well, line patty pans with puff paste and fill them, and bake about twenty minutes.

SEPTEMBER

SATURDAY

BREAKFAST

	Honeydew ‡	
	Omelette with Parsley *	
Toast *		Jam ‡
Milk ‡		Coffee *

LUNCHEON

	Cider Tenderloin *	
	Chinese Salad ‡ *	
	Pulled Bread *	
	White Grape Tart *	
Milk ‡		Tea *

DINNER

	Avocado Canape ‡ *	
	Salted Nuts ‡	
	Corn Puree *	
	Chicken a la Marengo *	
	Stuffed Tomatoes ‡	
	Baked Potatoes ‡	
	Grapefruit Salad ‡	
	Marlborough Pudding *	
Milk ‡		Coffee *

CIDER TENDERLOIN

After cutting away all arteries and splitting open four lambs' hearts, boil in slightly salted water until very tender; chop fine and add one onion, a stalk of celery, one tart apple chopped fine, a half cupful of bread crumbs, an egg well beaten, one-half cupful of melted butter, a half saltspoonful of pepper, a quarter of a teaspoonful of salt, and a wineglassful of cider.

Have ready two pork tenderloins; spread the mixture between; fasten together by small skewers or with cord; place in baking pan; dust with pepper and salt; cover and roast until the meat is done (about a half hour), basting with a little melted butter and cider very often; remove the cover and let brown; place on a platter and pour over the gravy made from the drippings and a little water added, thickened with browned flour. Garnish with slices of hard-boiled eggs and parsley.

WHITE GRAPE TART

Line ramekin dishes with rich puff paste and bake in a brisk oven for about ten minutes. Let the paste cool, then fill with white grapes. Take six ounces of powdered sugar, mix with one and a half tablespoonfuls of water and a few drops of vanilla essence. Let cook for a few minutes and use while hot to glaze over the grapes.

AVOCADO CANAPE

Pare, seed and dice two avocados and let them marinate in French dressing for an hour. Prepare a thick slice of toast for each portion, hollow out the center, sprinkle with grated cheese, and let stand a couple of minutes in the oven to melt the cheese. Drain the avocado and heap in the center of each slice of toast. Garnish with olives, stuffed with almonds. This will make six canapes.

CHICKEN A LA MARENGO

Cut a tender young fowl, after singeing and cleaning it, into eight or ten pieces; put them into a clean stewpan with four tablespoonfuls of the best olive oil, brown them over a moderate fire, and when slightly browned dredge them with about a tablespoonful of flour. When that is done pour in a pint of rich stock and let simmer gently for about half an hour, taking off the fat as it rises to the top. Add twenty button mushrooms halved, a saltspoonful of pepper, and a half teaspoonful of salt, a teaspoonful of sugar and a half bud of garlic. Cook five minutes; then remove the chicken, piling it pyramid fashion on the dish. Reduce the sauce by boiling it quickly and pour over the fowl. Garnish with toast sippets and parsley.

SUNDAY

Cantaloupes †
Ham and Eggs *
Rice Waffles *, Honey †

Coffee *

Cream of Pea Soup †
Ripe Olives †
Salted Nuts †
Roast Spring Lamb *
Mint Sauce †
Tomato and Cucumber †
French Dressing †
Almond Plombiere *
Orange Circles †
Coffee *

Jellied Chicken Sandwich *
Cocoanut Cookies *
Strawberry Punch ‡

Chop the white meat of cold boiled chicken fine, rub to a paste. Put a scant tablespoonful of gelatine in a half cupful of cold water, place it over the fire until it has dissolved, then add the chicken paste, a dash of salt and pepper and a half teaspoonful of grated horseradish. Stir this mixture until it begins to thicken, then stir in one cupful of cream that has been whipped to a stiff froth, place it in the ice box until very cold, when ready for use, cut thin and place between lightly buttered slices of crustless white bread. Garnish with parsley and an olive.

SEPTEMBER

MONDAY

BREAKFAST

Grapes †
 Hominy and Cream *
 Toast *
 Milk †
 Jam †
 Coffee *

LUNCHEON

Mephisto Crab *
 Spinach Salad †
 Cocoanut Blanc Mange *
 Milk †
 Tea *

DINNER

Cream of Cauliflower †
 Salmon Croquettes *
 Lima Beans †
 Sweet Potatoes with Orange †
 Normandy Salad †
 Peach Cobbler †
 Milk †
 Coffee *

MEPHISTO CRAB

Chop very fine four green peppers and six small green onions; add a tablespoonful of butter, salt, cayenne pepper, and one-half cupful of tomatoes; boil all together for ten minutes in a pan that has been rubbed with garlic; then add one-half pint of cream mixed with a tablespoonful of flour, and when boiling put in the picked meat of two crabs. Serve hot on buttered toast.

SPINACH SALAD

Boil spinach until tender. Salt and pepper while cooking. When done, mash fine, drain and season with butter. Mince cucumber pickle, add to spinach and mold in individual molds. Turn out on a bed of cress, put grated hard-boiled eggs around the base and green mayonnaise on top.

COCOANUT BLANC MANGE

Mix one-fourth cupful of cornstarch and one-fourth cupful of sugar with a little cold water. Add two cupfuls of scalded milk and stir until it thickens. Cook in a double boiler for twenty minutes, stirring occasionally. Cool slightly, add one cupful of shredded cocoanut, the stiffly beaten whites of three eggs, and one-fourth of a cupful of candied or Maraschino cherries, cut in small pieces. Chill in molds, wet with cold water, and serve with cream or a soft custard made with the yolks of eggs.

SWEET POTATOES WITH ORANGE

Cut cooked sweet potatoes into cubes. Butter a pudding dish. Put in a layer of potatoes and two tablespoonfuls of corn syrup and a little of the grated rind of orange, a few grains of salt, and a little nutmeg. Dot over with bits of butter. Put in another layer of potato and add corn syrup, orange rind, salt, nutmeg and butter as before. Add juice of two oranges, one tablespoonful lemon juice, and two tablespoonfuls water. Bake in moderate oven thirty to forty minutes.

NORMANDY SALAD

Stew very gently in their own liquor a small can of French peas. When the peas have absorbed all the liquor remove from fire and allow to cool. Chop half a pound of English walnuts, mix with the peas and pour over a half-cupful of mayonnaise dressing.

SEPTEMBER

TUESDAY

BREAKFAST

Casaba Melon ‡
Ham Omelet *

Waffles *
Milk ‡

Honey ‡
Coffee *

DINNER

Rice Soup, Delta *
Celery Sticks ‡
Boiled Chicken, Parsley Sauce *
Succotash New Potatoes in Butter ‡
Liberty Salad ‡
Angel Parfait ‡
Oatmeal Cookies *

SUPPER

Welsh Rarebit Souffle *
Brown Bread Sandwiches *
Sliced Peaches ‡
Grape Juice Cup ‡

RICE SOUP

Heat four tablespoonfuls of butter in a saucepan, add four tablespoonfuls of washed rice and four tablespoonfuls of sifted flour; heat, stir in slowly six cupfuls of chicken broth and simmer until the rice becomes tender. Stir carefully so as not to break the rice and do not let burn. When rice is tender stir in slowly the yolks of two eggs beaten with one and a half cupfuls of cream. Stir until the eggs are set, do not boil, add a seasoning of salt, paprika, and nutmeg. Remove from the fire and stir in the strained juice of one lemon. Serve in cups.

BOILED CHICKEN

Clean a four or five-pound fat hen, rub inside and out with salt and pepper, place an onion and a bay leaf inside; flour a wet clean cloth, wrap the chicken in the cloth, place in a pot with three quarts of boiling water, one scraped carrot, two stalks of celery, and one small onion stuck with two whole cloves. Cover and simmer twenty minutes to the pound. Remove the chicken, take off the cloth, set in a roasting pan, brush with melted butter and brown in the oven. Reduce the broth to six cups, strain and use for the rice soup.

PARSLEY SAUCE

Beat six tablespoonfuls of butter to a cream and beat into it two tablespoonfuls of strained lemon juice, two tablespoonfuls of chopped parsley, and a seasoning of salt and pepper. Spread over the browned chicken and serve.

LIBERTY SALAD

Boil two celery roots, cool, peel, and cut in small dice; place the celery root dice in a cold bowl and mix with one cup of peeled and sliced celery, one cupful of stoned cherries, one cupful of peeled and diced grapefruit, and half a cupful of lemon French dressing. Drain and mound on six lettuce covered plates, place a tablespoonful of mayonnaise on each salad and serve.

ANGEL PARFAIT

Fill eight-ounce stem glasses one-quarter full with strawberry ice cream, lay on this a layer of sliced bananas, add another quarter of vanilla ice cream. Cover with peeled and diced oranges, add another layer of vanilla ice cream, fill glass with whipped cream and sprinkle with chopped walnut meats.

WELSH RAREBIT SOUFFLE

Melt a teaspoonful of butter in the top of a double boiler, add one cupful of cream, half a teaspoonful of mustard, a seasoning of salt and paprika, and one cupful of fresh bread crumbs. Bring to a boil, stir in one cupful of finely chopped rich American cheese and stir until smooth. Add the beaten yolks of two eggs, stir one minute, remove from the fire and add the stiffly beaten whites of two eggs. Pour over slices of toast on hot plates, and serve.

OCTOBER

MONDAY

BREAKFASTPrunes *
Shirred Eggs *Toast *
Milk ‡Jelly ‡
Coffee ***LUNCHEON**Veal Cutlets Breaded *
Waldorf Salad ‡
Strawberry Compote ‡
Tea ***DINNER**French Potato Soup ‡
Radishes ‡
Boiled Ham *
Green Corn *
Potatoes ‡
Cucumber Salad ‡
Orange Charlotte Russe *
Coffee ***VEAL CUTLETS BREADED**

Trim into a nice shape some rib veal cutlets, three-fifths of an inch thick, one for each service. Wipe meat, dredge over salt and pepper, and roll in cracker meal, beaten eggs seasoned with a little salt and pepper, and in fine bread crumbs. Melt over a moderate fire two tablespoonfuls of clarified butter, add a teaspoonful of oil, arrange the cutlets in the pan, and saute them about twelve to fifteen minutes or until tender, turning over often to obtain a nice rich golden color. Serve, overlapping, in wreath shape, cover with tomato sauce.

WALDORF SALAD

Peel, quarter and core one or two apples, and cut into small dice or into thin, short slices. Mix these in a celery nut salad, made with equal quantities of apples and celery. To prevent discoloration of the apples mix them in mayonnaise as soon as they are diced.

BOILED HAM

Scrub the ham in a change of water, then soak it over night in enough cold water to cover. Carefully scrape until very clean. Set in a kettle over the fire, in enough cold water to cover, bring to a boil, then remove to a slow fire where it will simmer very slowly until tender, when the skin will easily peel off, allowing about twenty to twenty-five minutes to the pound. You may add to the boiling ham four cloves driven into an onion, a few pepper corns and a kitchen bouquet. When done, remove the kettle and allow the ham to cool in its own liquor.

To trim the ham, carefully remove the rind without touching the fat, leaving four or five inches of rind around the bone. Trim off any black adhering to the ham, and using a dry cloth, wipe and press slightly over the fat to absorb as much fat as possible, neatly removing the thigh bone. It will improve the ham thus trimmed to place it a while in a moderate oven and dry out the fat; or it may be glazed.

Before serving set a frill on ham bone.

GREEN CORN

Prepare and soak the ears, and drain. Cut through center of each row of kernels, and then cut corn from the cob, put it in a saucepan, and add just enough boiling water to barely cover. Bring quickly to a boil and cook until tender, or about fifteen minutes. Cook the corn so that there will be a very little liquor to drain when done. Stirring, add one-third cupful warm cream, remove from fire, then stir in a few bits of butter, and add a dash of salt and a few grains of cayenne.

ORANGE CHARLOTTE RUSSE

Soak two-thirds of an envelope of gelatine in one-third cupful of cold water twenty minutes. Boil one-half cupful of water with six ounces of sugar, until clear. Remove from the fire, dissolve in the gelatine, strain, add one cupful of orange juice, and two tablespoonfuls of lemon juice, and cool. As soon as it begins to set, place in ice water and beat until light; then fold in three chilled egg whites beaten to a stiff dry froth. Arrange in a chilled mold lined with lady fingers, and chill.

OCTOBER

TUESDAY

BREAKFAST

Grapefruit ‡
Soft-Boiled Eggs *
Toast *
Milk ‡
Preserved Figs ‡
Coffee *

LUNCHEON

Sweetbreads a la Financiere *
Cucumber and Tomato Salad ‡
Lemon Pie *
Milk ‡
Tea *

DINNER

Italian Tomato Soup ‡
Pickles ‡
Beef Stew and Dumplings *
Beet-cup Combination ‡
Orange Charlotte Russe *
Milk ‡
Tea *

SWEETBREADS FINANCIERE

Prepare and cook three sets of sweetbreads. When done, remove and reserve hot. Strain the liquor and free it of fat; and, as may be available, one and one-third cups liquor consomme, mushroom liquor or sherry, and a little meat glaze. With three tablespoonfuls of butter and three and one-half tablespoonfuls of flour make a brown roux. Dilute as usual with the above liquor, beating constantly until smooth and boiling. Then remove to a slow fire to simmer, bubbling at one point twenty minutes. Skim off fat and frothy matter as it appears. Add twelve canned mushroom buttons and simmer two minutes; remove the pot to a bath of hot water. Arrange the sweetbreads over some buttered toast on a hot serving dish and around it the mushrooms, and mask the whole with the sauce. Garnish with toast point.

CUCUMBER, TOMATO SALAD

Peel and thinly slice a cucumber crosswise, soak one hour in iced water, drain and wipe between towel. Arrange over a tomato and lettuce salad. Pour on a French dressing.

BEEF STEW AND DUMPLINGS

Sift all together in a bowl one and one-half cupfuls of flour, one-third teaspoonful of salt and three level teaspoonfuls of baking powder; then, using tip of fingers, work in a bit of butter the size of a hazel nut. Stirring the mixture with a table knife, slowly add about one-half cup of milk to obtain a dough stiff enough to roll out one-half inch thick on a slightly floured board. Shape with floured biscuit cutter.

Prepare and cook beef stews. Fifteen minutes before the stew is done skim off the fat on top. Arrange the dumplings on top of the stew, separated from each other to allow them to swell. Tightly cover and finish cooking the stew. If there are more dumplings to cook, arrange them on a buttered perforated tin and steam fifteen minutes in a steamer, covered. When the dumplings are to be dropped from a tablespoon into the stew use more milk or less flour.

BEET CUP SALAD

Scoop out the center of whole pickled beets to form a cup. Thinly chop the removed pulp and reserve. Fill each cup with diced cooked carrot that have been marinated in a French dressing, adding to mixture some cold, blanched green peas. Arrange each beet cup in a nest of lettuce leaves, and dredge around it the chopped beets.

OCTOBER

WEDNESDAY

BREAKFAST

Melon †
 Poached Eggs on Toast *
 Jam †
 Milk †
 Coffee *

LUNCHEON

La Touraine *
 Sing Lee Salad * †
 Baked Apple Dumpling † *
 Milk †
 Tea *

DINNER

Saratoga Soup *
 Radishes †
 Loin of Veal *
 Cauliflower Mouselaine †
 Baked Potatoes †
 Southern Salad †
 Strawberry Cream †
 Milk †
 Coffee *

LA TOURAINE

Cut up in small pieces one cupful of cooked corned beef and three-quarters of a cupful of cooked potatoes. Put a tablespoonful of butter in the pan and add the beef and potatoes with a green pepper cut fine; mix well with the butter and add one cupful of rich cream. Serve on pieces of toast with sprigs of parsley on top.

SING LEE SALAD

Pour boiling water over large, smooth tomatoes of uniform size, remove the skin and set on ice. Blanch fresh roasted peanut meats by pouring boiling water over them, skin, and when cold pound finely and mix with mayonnaise dressing. Take out the center of each tomato with a spoon and fill the cavity with the peanut mixture. Return to the ice until ready to serve and then place each tomato on a lettuce leaf with a spoonful of mayonnaise.

SARATOGA SOUP

Strain and reheat one can of tomatoes. Add half a cupful of sago, and boil until the sago is clear. Add two cupfuls of veal stock, salt, pepper and Worcestershire sauce to season, bring to the boil and serve.

LOIN OF VEAL

Order a piece cut from loin of veal with ribs and flank attached. Remove meat which lies nearest the backbone in one piece. Remove meat from flank, discarding skin; then force through a meat chopper; there should be seven-eighths cupfuls. Add one-third cupful of beef suet, finely chopped, and mix thoroughly. Cook three-fourths of a cupful of stale bread crumbs with three-fourths of a cupful of milk, until reduced to a thick paste. Add three tablespoonfuls of butter, one egg and one egg yolk, slightly beaten, one tablespoonful of tomato catsup, one-eighth of a teaspoonful of grated nutmeg, and salt, pepper and cayenne to taste. Combine mixtures, shape in a loaf, roll in crumbs, egg and crumbs. Arrange four slices of fat salt pork lengthwise of center of dripping pan. Place on pork the long rib bones (which have been removed) on bones, the meat roll, and over roll the piece of lean meat. Sprinkle with salt and pepper, dredge meat and bottom of pan with flour and over meat arrange pieces of fat salt pork. Bake in a slow oven two hours. As soon as flour in pan is brown, baste with fat in pan and continue the basting every ten minutes, using two cupfuls of stock, which has been made from bones and trimmings. During the last half hour of the cooking pour over one-half cupful of sour cream.

OCTOBER

THURSDAY

BREAKFAST

Stewed Prunes *
Ham and Eggs, Country Style *
Toast * Jelly †
Milk † Coffee *

LUNCHEON

Devised Meat Balls *
Hearts of Lettuce, French Dressing †
Napkin Rolls *
Rice Custard *
Milk † Tea *

DINNER

Puree of Celery and Tomatoes †
Ripe Olives †
Lamb Pot Pie *
Cress and Lettuce Salad †
Orange San Emidio †
Oaten Drop Cakes *
Milk † Coffee *

HAM AND EGGS, COUNTRY STYLE

Fry the required number of slices of ham in a hot frying pan, when the ham is cooked break over it two eggs for each person to be served; cook until the eggs are set; slide the ham and eggs onto a hot platter and pour over them the fat in the pan.

DEVILED MEAT BALLS

Chop enough cooked beef to fill three cups and add to it one cup of bread crumbs, half teaspoonful of salt, one-quarter of a teaspoon of paprika, one tablespoon of melted butter, two teaspoons of finely chopped parsley, and one well-beaten egg; mix well and form into six even-sized flat round cakes. Mix one tablespoon of dry mustard with three tablespoons of flour, half a teaspoon of salt, a few grains of cayenne pepper, two teaspoons of vinegar, one teaspoon of olive oil, and two beaten eggs; thoroughly cover the meat cakes with the batter and fry a nice brown in hot butter. Pour the remaining batter into a small saucepan, add one tablespoon of butter, one cup of hot milk or meat stock and heat and pour over the cooked meat balls which have been placed on a hot platter.

CELERY AND TOMATO PUREE

Chop five bunches of well-washed celery, place in a saucepan, add one and a half cups of beef stock and one and a half cups of cold water; bring slowly to a boil, add one and a half teaspoons of salt and simmer one hour. Fry in a saucepan three tablespoons of finely chopped salt pork, add one sliced onion, one scraped and sliced carrot, one mashed clove of garlic, half a bay leaf, one-quarter of a teaspoon of mace, two teaspoons of chopped parsley, and half a teaspoon of black pepper; stir and cook ten minutes; add two cups of cooked tomatoes, the celery mixture, one and a half tablespoons of butter rubbed to a smooth paste with three tablespoons of flour, and a seasoning of salt and pepper; cover and simmer for one and half hours; rub through a sieve, reheat, add one and a half tablespoons of butter and serve with croutons and grated cheese.

ORANGES SAN EMIDIO

Cut three oranges in halves and carefully remove the pulp so as to leave skins in perfect cups. Soak half a package of granulated gelatine in half a cup of cold water, add half a cup of boiling water and stir until dissolved. Add to the dissolved gelatine one cup of sugar, the juice of half a lemon, and two cups of strained orange juice; strain into a bowl, add six tablespoons of chopped blanched almonds, six tablespoons of seedless raisins, and four tablespoons of chopped red cherries. Let stand until firm, break in small pieces with a fork and fill the orange cups with the mixture; cover the filled orange cups with a stiff meringue and brown lightly in a hot oven.

OCTOBER

FRIDAY

BREAKFAST

Prunes *

Kidney Sauté *

Toast *

Jam †

Milk †

Coffee *

LUNCHEON

Poached Eggs on Anchovy Toast *

Hearts of Lettuce, Louise Dressing †

Finger Rolls *

Pineapple Pie * †

Milk †

Tea *

DINNER

Corn Chowder *

Radishes †

Baked Stuffed Bass *

Summer Squash †

Browned Potatoes †

Diced Tomato and Celery Salad †

Milk †

Strawberry Soufflé *

Coffee *

KIDNEY SAUTE

Slice twelve lamb kidneys, cut crosswise, remove from the centers all fat and gristle, place in a bowl, cover with salted water, let stand twenty minutes, remove and dry between towels; place in a bowl, stir in two tablespoonfuls of olive oil and let stand until needed. Melt three tablespoonfuls of butter in a frying pan, add the kidneys and one thinly sliced young green onion; toss or shake the pan over a good fire for three minutes, place the cooked kidney on slices of buttered toast, sprinkle with salt and pepper and pour over the butter left in the pan which has been mixed with one tablespoonful of butter, two tablespoonfuls of chopped parsley, one teaspoonful of Worcestershire sauce and one teaspoonful of lemon juice.

POACHED EGGS ON ANCHOVY TOAST

For each person to be served cut two rounds of toast with a two-and-a-half-inch cutter, spread with anchovy butter, place a poached egg on each round of toast and cover with anchovy sauce.

ANCHOVY BUTTER

Beat two tablespoonfuls of butter to a cream, add two tablespoonfuls of anchovy paste and mix well, or soak twelve salt anchovies in cold water for twenty-five minutes, drain and press through a fine sieve; mix with two tablespoonfuls of creamed butter and spread on toast.

ANCHOVY SAUCE

Melt two tablespoonfuls of butter, add four tablespoonfuls flour, work smooth and beat in slowly two cupfuls of milk; stir and cook for ten minutes, add two tablespoonfuls of anchovy essence and one tablespoonful of orange juice, mix well and serve.

PINEAPPLE PIE

Drain the juice from two cupfuls of crushed pineapple and mix with one-third of a cupful of the drained juice. Mix three-quarters of a cupful of sugar with one-third of a cupful of sifted flour and one-third of a teaspoonful of salt; add the pineapple, place in a saucepan and stir and cook until thick and creamy; add two well beaten eggs, two tablespoonfuls of strained lemon juice, and two teaspoonfuls of butter; stir and cook two minutes. Do not boil. Pour into a pastry-lined pie tin, cover with pastry and bake in a moderate oven ten minutes on the bottom shelf, place on the top shelf and bake twenty minutes.

BAKED BASS

Stuff a cleaned bass with a mixture made with two and a half cupfuls of fine bread crumbs, two-thirds of a cupful of melted butter, the grated rind of half a lemon, one teaspoonful of chopped parsley, half a teaspoonful of marjoram, two eggs beaten with two teaspoonfuls of water and a seasoning of salt and pepper. Sew up the fish, score the sides with a sharp knife, place in the spaces very thin strips of salt pork, place the bass in a baking dish, add one cupful of hot water mixed with two tablespoonfuls of butter and bake in a moderate oven. Carefully lift out the fish onto a hot platter; stir into the gravy left in the pan one cupful of tomato sauce, bring to a boil and strain over the fish. Garnish with branches of parsley and slices of lemon dusted with paprika.

OCTOBER

SATURDAY

BREAKFAST

Sliced Bananas ‡
Egg Montebello *
Griddle Cakes *
Milk ‡
Jam ‡
Coffee *

LUNCHEON

Breaded Pork Chops with Onion Sauce *
Vegetable Salad ‡, French Dressing ‡
Frozen Siberian Punch ‡
Iced Tea *

DINNER

Puree of Onions ‡
Olives ‡
Veal Cutlets Breaded *
Tomatoes au Gratin ‡
Asparagus Salad ‡
Virginia Layer Cake *
Coffee *
Potatoes ‡

EGGS MONTEBELLO

Butter six small individual ramequins, and break into each a fresh egg. Put them in boiling salted water sufficient to cover, over the fire, adding a slice of lemon, and poach three and one-half minutes. Carefully drain the eggs on strainer and let cool. Mix one cupful of cracker meal with three tablespoonfuls of grated cheese. Carefully roll in the eggs then roll in beaten egg seasoned with salt and pepper and lastly in bread crumbs. Fry to a delicate golden color in hot, deep fat, drain on brown paper, and serve at once in a folded napkin. Send separately, in a boat, a Montebello sauce.

FROZEN SIBERIAN PUNCH

See page 224

TOMATOES AU GRATIN

Select six firm, ripe tomatoes, and scald and remove skins. Cut into quarters lengthwise. Carefully remove the seeds without breaking. Drain thirty minutes, upside down, to let liquor run out. Melt in an agate-ware frying pan two tablespoonfuls of butter, adding a tablespoonful of oil, over a very hot fire. When hot turn in the tomatoes. Cook five minutes, while tossing or shaking pan gently. Turn the tomatoes into a buttered glass oven gratin dish, sprinkle over a little salt and pepper, with a tablespoonful of parsley, a teaspoonful of chive, and a thin slice of garlic, all chopped fine. Then sprinkle over the whole some buttered crumbs, and bake fifteen minutes.

VIRGINIA LAYER CAKE

Cream three-fourths of a cupful of butter, add gradually one cupful of sugar, then one egg yolk unbeaten; beat hard, then add another egg yolk, beating hard, and last of all a whole egg. Add two cupfuls of pastry flour, two teaspoonfuls of baking powder, one-half teaspoonful of mace, one-half teaspoonful of salt which have all been sifted together three times in order to lighten flour. Add the flour mixture alternately with one-half cupful of milk. Have ready two layer cake tins, divide the mixture evenly, and bake thirty minutes.

Put together with the following frosting, using half between the cakes and half over the top. Over all, top and sides, sprinkle one-third of a cupful of Jordan almonds which have been blanched, cut lengthwise into sheds, and lightly browned in oven.

CARMEL FROSTING

Put into a saucepan one-third of a cupful of white sugar, one and three-fourths cupfuls of light brown sugar, two-thirds of a cupful of water, and one-eighth of a teaspoonful of cream of tartar. Let boil until the mixture spins a thread when dropped from the spoon or until it reaches 240 deg. F. Pour slowly over the stiffly beaten whites of three eggs, beating constantly until cool. Place mixture in a thin saucepan or basin, over a saucepan of hot water and stir constantly until there is a gritty feeling on sides and bottom of pan. Remove from fire and beat until mixture is ready to spread. Place on cake, not smoothing the surface, but leaving it rough.

OCTOBER

SUNDAY

BREAKFAST

Orange Juice ‡
Poached Eggs on Toast *
Rice Pancakes * Jelly ‡
Milk ‡ Coffee *

DINNER

Cream of Tomato ‡
Salted Almonds ‡
Fried Chicken, Villerói *
Green Peas ‡ Potato Croquettes ‡
Lettuce, Roquefort Dressing ‡
Brick Ice Cream Beaumont ‡
Milk ‡ Coffee *

SUPPER

California Oysters Creole *
Cold Slaw ‡ Cocoanut Layer Pie *
Chocolate ‡

RICE PANCAKES

Beat the yolks of four eggs with half a teaspoonful of salt, one tablespoonful of sugar, three teaspoonfuls of baking powder mixed with five tablespoonfuls of sifted flour, one cup of coffee cream and two cups of cooked rice; beat well, add the stiffly beaten whites of four eggs and bake on a hot, well-greased griddle.

FRIED CHICKEN, VILLEROI

Have the butcher cut two young chickens in joints for frying, cover with cold milk, let stand ten minutes, drain, roll in sifted flour, dip in beaten egg and roll in fine fresh breadcrumbs. Heat one cupful of fresh butter in a saute pan, add the chicken and fry until brown all over and tender. Heat four tablespoonfuls of butter in saucepan, add three tablespoonfuls of sifted flour, work smooth and beat in two cupfuls of milk; stir and cook until smooth, add the yolk of one egg beaten with three tablespoonfuls of cream and a seasoning of salt and paprika; cook one minute, stir in one cupful of cooked young green peas and pour over the bottom of a serving platter, lay the pieces of cooked chicken on the sauce, garnish the edge of the platter with potato croquettes and sprinkle over all finely chopped parsley.

COCOANUT LAYER PIE

Bake three layers of sponge cake and cool. Mix in a double boiler one cupful of sugar, one-half cupful of sifted flour and a few grains of salt; mix well, add two slightly beaten eggs and beat in slowly two cupfuls of scalded milk; beat and cook twelve minutes; do not boil. Cool, add one teaspoonful of vanilla and spread between the layers, sprinkling each covered layer with part of two-thirds of a cupful of grated cocoanut mixed with two tablespoonfuls of sugar. Cover the top and sides of the pie with boiled icing and sprinkle with cocoanut.

ICE CREAM BEAUMONT

Mix in a saucepan one-half cupful of sugar, one-quarter teaspoonful of salt and two tablespoonfuls of sifted flour; mix well, stir in one cupful of pitted fresh or canned cherries and one cup of water or cherry juice; stir and cook slowly for five minutes; remove from the fire and stir in one tablespoonful of butter broken in small bits. Set in a cool place until thoroughly chilled. Place slices of brick ice cream in ice cream serving dishes, which have been covered with crumbled macaroons, pour over the chilled cherry sauce and serve.

OYSTER CREOLE

Heat five tablespoonfuls of olive oil in a saucepan, add two finely chopped onions, one shredded green pepper and one crushed clove of garlic; stir and cook until the onion is lightly browned; drain off the olive oil, add two cupfuls of canned or fresh tomatoes, two teaspoonfuls of chili powder, one-half teaspoonful of salt and two teaspoonfuls of chopped parsley; stir and cook for ten minutes, add two cups of cleaned and drained California oysters, cook four minutes and pour over squares of buttered toast.

OCTOBER

MONDAY

BREAKFAST

Peaches and Cream †
 Eggs Bollerino *
 Sour Cream Biscuit * Jam †
 Milk † Coffee *

LUNCHEON

Lamb Timbales *
 Cherry Salad †
 Raspberry Jelly †
 Tea *

DINNER

Cream of Celery Soup †
 Radishes †
 Ham Trifle *
 Lima Beans † Chantilly Potatoes †
 Grape Salad †
 Cherry Pie * †
 Coffee *

SOUR CREAM BISCUIT

One cupful of sour cream, one-half cupful of sour milk, two teaspoonfuls of soda, one-half teaspoonful of salt, and flour to make a soft dough about one quart. Handle as little as possible, roll thin, and bake in a hot oven from twelve to fifteen minutes. Note: If there is any doubt about the state of sourness of the milk and cream, add three teaspoonfuls of baking powder, as if sweet milk were used.

LAMB TIMBALES

Cook together for five minutes two tablespoonfuls of butter, one-half cupful of soft bead crumbs, and one cupful of milk. Add one cupful of finely chopped, cold cooked lamb, two slightly beaten eggs, one-half teaspoonful of salt, one-fourth teaspoonful of paprika, and turn into buttered timbale molds. Bake, having molds surrounded by water, until the mixture is firm. Serve with a cream sauce to which has been added two canned pimientos which have been rubbed through a sieve.

CHANTILLY POTATOES

Prepare some nicely seasoned, light, mashed potatoes, and mound on a platter. Beat one-half cupful of cream until stiff, add one-half cupful of soft cheese, grated and seasoned with salt and paprika. Pile lightly on to the potato and set on the top grate of the oven until the surface is nicely browned. Be sure that the oven is very hot.

HAM TRIFLE

Chop one cupful of cold boiled ham, three hard-cooked eggs, and five soda crackers. Heat two cupfuls of milk, add to this a good-sized piece of butter, and thicken with one teaspoonful of flour and one teaspoonful of dry mustard. Stir into this the chopped ham, eggs and crackers and add a tablespoonful of minced parsley. Put in a baking dish and bake for half an hour.

OCTOBER

TUESDAY

BREAKFAST

Casaba Melon †

Poached Eggs *

Toast *

Milk †

Jelly †

Coffee *

LUNCHEON

Sweetbread Fritters *

Japanese Salad †

Grape Trifle †

Tea *

DINNER

Fresh Corn Soup *

Celery †

Rabbit Stew *

Cucumber Aspic †

Blackberry Jelly Pie * †

Coffee *

SWEETBREAD FRITTERS

Parboil, blanch and chop fine one pair of sweetbreads; add to them a small red pepper and half a cupful of mushrooms, also chopped fine; one small grated onion, and a tablespoonful of chutney syrup; stir into the batter and fry. Serve with a horseradish sauce made as follows. Take four tablespoonfuls of grated horseradish, one teaspoonful of sugar, one of salt, and two of mixed English mustard, and half a teaspoonful of pepper. Add enough tarragon vinegar to make the mixture the consistency of thick cream. When thoroughly mixed, add four tablespoonfuls of sweet cream, set into a double boiler and let it get hot, but do not allow it to boil. Serve at once with the fritters.

JAPANESE SALAD

Chop two tart apples and add to them one cupful of chopped celery. Dust all with a saltspoonful of pepper and a half teaspoonful of salt, and a little finely chopped red pepper. Fold all in heavy mayonnaise and serve in lettuce leaves garnished with slices of preserved cumquats.

GRAPE TRIFLE

Take four pounds of grapes, wash and stem them and put them in a porcelain lined pot with a cupful of water; let them slowly melt and cook until they are done, then put them through a puree sieve or fine colander, add sugar to taste; cover the bottom of the trifle dish with sponge cake, then turn over the grape puree after it has been chilled. Next put in a layer of the custard and last of all the whip. Garnish this trifle with half pecan nuts and half white grapes that have had their seeds removed.

RABBIT STEW

Select a pair of rabbits that are fat, and wash thoroughly. Cut, or joint, them, place them in the stewpan, and fill it three-quarters full of cold water. Put on the fire and allow it to boil for five minutes, skimming carefully; then add a large thinly sliced onion, one diced carrot, two tablespoonfuls of chopped parsley, and let cook until the rabbit is very tender. Then add six potatoes cut in thick slices; cook twenty minutes longer, then remove the rabbit and vegetables to a hot platter with the skimmer; thicken the gravy and turn over the stew.

BLACKBERRY JELLY PIE

Squeeze three boxes of ripe blackberries, after slightly warming them, and to each pint of juice add a pint of sugar; boil about twenty minutes and when cool fill the pie three-quarters full. The rest of the jelly may be put into glasses for future use. When the crust is done, remove and let it cool; then spread the top with a good meringue, brown in the oven, and let it stand and get cold.

OCTOBER

WEDNESDAY

BREAKFAST

Casaba Melon ‡
 Omelette with Chipped Beef *
 Griddle Cakes * Maple Syrup ‡
 Milk ‡ Coffee *

LUNCHEON

Breaded Ham Cutlets *
 Pear Salad ‡
 Grape Fluff ‡
 Milk ‡ Tea *

DINNER

Cream of Onion Soup ‡
 Ripe Olives ‡
 Ragout of Beef *
 Creamed Carrots ‡ Macaroni *
 Cabbage Salad ‡
 Baked Orange Souffles *
 Milk ‡ Coffee *

BREADED HAM CUTLETS

Remove the fat from a slice of ham and cut the ham into pieces for serving. Put into lukewarm water for thirty minutes to freshen, if necessary. Drain, wipe, and dip the pieces into flour, then beaten egg, and then sifted soft bread crumbs. In a hot frying pan fry out the fat removed from ham and brown the breaded cutlets in this fat. Make a white sauce of two tablespoons of butter, one and one-half tablespoons of flour, and one and one-half cups of milk. Pour this sauce over the ham in the pan. Cover, and cook in a moderate oven until tender. If the ham should be salt enough to cause sauce to separate in the cooking, simply add one-half cup of fresh sauce to pan, after removing cutlets to platter, and the sauce will come smooth.

PEAR SALAD

Place lengthwise on a glass salad platter, a row of lettuce leaves, letting them curl over as much as they will. Have pears perfectly chilled, cut slices nearly round in shape and lay on the base of the leaves. Tuck in tips of cress to fill the space between pear and lettuce. Pour over the pear the following dressing and sprinkle with finely shredded English walnuts, and paprika.

Dressing: Make a thick mayonnaise dressing; thin with unbeaten heavy cream and lemon juice. It should not be thick, neither should it be as thin as a French dressing.

GRAPE FLUFF

Soften half a tablespoon of granulated gelatine in two tablespoons of cold water, add half a cup of boiling water, and dissolve. Add a quarter of a cup of sugar, juice of half a lemon and a quarter of a cup of grape juice; strain, pour into a wet mold, and when firm force through a potato ricer. Serve very cold.

CREAM OF ONION SOUP

Cut twelve small onions in thin slices. There should be one and one-half cups. Fry two minutes in one-third cup of butter. Place cover on kettle and let onions simmer until soft but not brown. Sprinkle with two and one-half tablespoons of flour and cook three minutes, stirring constantly. Add three cups of milk and cook in the double boiler one-half hour. Rub through a sieve. Beat two egg yolks slightly, add one-half cup of milk and strain into soup just before serving. Season with salt and pepper and reheat.

BAKED ORANGE SOUFFLES

Soften in one-half cup of milk one cup of stale, baker's bread (no crusts) which has been forced through a sieve of medium mesh. Mix with it the grated rind of one orange and the juice of two. Add yolks of two eggs which have been slightly beaten with one-half cup of sugar. Beat the whites of two eggs very stiff and fold lightly into the other ingredients. Fill custard cups two-thirds full. Bake till firm. Serve with Golden sauce.

OCTOBER

THURSDAY

BREAKFAST

Sliced Oranges ‡
 Breakfast Sausage with Fried Crumb Pancakes *
 Maple Syrup ‡
 Milk ‡ Coffee *

LUNCHEON

Lamb Cardinal *
 Beet and Celery Salad ‡
 Parker House Rolls *
 Heart of Watermelon ‡
 Grape Juice Cup ‡

DINNER

Cold Apple Soup ‡
 Celery Sticks ‡
 Roast Loin of Pork *
 Cauliflower ‡
 Browned Sweet Potatoes ‡
 Grape and Nut Salad ‡
 Orange Pudding *

Milk ‡

Coffee *

CRUMB PANCAKES

Cover one cupful of bread crumbs with two cupfuls of milk and let stand ten minutes. Sift one cupful of sifted flour with two level teaspoonfuls of baking powder, half a teaspoonful of salt and one tablespoonful of sugar; add to these the well-beaten yolks of two eggs and half of the milk and crumbs and beat smooth. Beat the balance of the milk mixture and one tablespoonful of melted butter. Add the stiffly beaten whites of two eggs and bake on a hot, well-greased griddle.

LAMB CARDINAL

Place in a saute pan five tablespoonfuls of tarragon vinegar and half a cupful of red currant jelly, heat well and add two-thirds of a cupful of tomato catsup. Lay in this sauce six slices of cooked lamb seasoned with paprika and salt. Cook slowly for twenty minutes. Lift out the lamb onto a serving platter and pour over the sauce.

BEET-CELERY SALAD

Peel and cut in dice two cold pickled beets and mix with an equal amount of peeled and diced celery. Mix with lemon French dressing, mound on lettuce-covered plates and sprinkle with finely chopped walnut meats.

APPLE SOUP

Place in a saucepan four cupfuls of peeled, cored and sliced apples, add enough water to keep from burning and simmer until soft. Mix two level teaspoonfuls of cornstarch with three cupfuls of water, add to the apples and cook until thick. Rub through a sieve, season with salt and cinnamon, add a little lemon juice, chill thoroughly and serve in cups.

ORANGE PUDDING

Cover one cupful of bread crumbs with cold milk and let stand five minutes; add the grated rind and juice of half an orange and the well-beaten yolks of two eggs. Beat the whites of four eggs to a stiff froth and beat into them one-third of a cupful of sugar; add to the first mixture, pour into a buttered mold, set in a pan of hot water and bake until firm. Serve with orange sauce.

ORANGE SAUCE

Beat one-third of a cupful of butter to a cream and beat into it one cupful of sugar, the grated rind of half an orange, two tablespoonfuls of orange juice, two well-beaten egg yolks and one-third of a cupful of boiling milk. Mix smooth and use.

OCTOBER

FRIDAY

BREAKFAST

Sliced Peaches and Cream ‡
 Shirred Eggs *
 Toast * Strawberry Jam ‡
 Milk ‡ Coffee *

LUNCHEON

Corn Creole *
 Lettuce and Orange Salad ‡
 French Rolls *
 Watermelon ‡
 Iced Coffee *

DINNER

Noodle Soup *
 Young Onions ‡
 Baked Salmon Steak, Lemon Sauce *
 Green Peas ‡ Mashed Potatoes ‡
 Tomato and Green Pepper Salad ‡
 Fresh Apple Pie Royal * ‡
 Milk ‡ Coffee *

CORN CREOLE

Place in a saucepan two tablespoonfuls of butter, heat and add four tablespoonfuls of finely chopped peeled onion; stir and cook until the onion is clear, add two tablespoonfuls of flour and stir until lightly browned; stir in two cups of peeled and chopped tomatoes, half a teaspoonful of salt, one-quarter of a teaspoonful of mace, and two teaspoonfuls of finely chopped parsley. Stir and cook five minutes, add one chopped pimento, two cupfuls of cooked corn, canned or fresh, and two-thirds of a cup of chopped cooked ham. Boil up once and pour over thick slices of bread that have been fried a nice brown in hot butter.

NOODLE SOUP

Cover one-half pound package of noodles with cold water and let stand twenty minutes. Drain well and add to four cupfuls of boiling soup stock. Season with salt and pepper and sprinkle with finely chopped parsley.

SALMON STEAK

Dredge six salmon steaks with flour seasoned with salt and pepper, lay in an oiled baking pan, dot with bits of butter and bake in a moderate oven, basting twice with a little hot milk. Lift out carefully on to a hot platter and garnish with slices of lemon and branches of parsley. Serve lemon sauce in a sauce boat.

APPLE PIE ROYAL

Beat the yolks of two eggs with four tablespoonfuls of cold water. Sift three cupfuls of sifted flour, four tablespoonfuls of sugar and rub into it one cupful of butter; when the flour is like coarse meal add the egg yolks and water and the grated rind and juice of half a lemon. Work to a smooth dough and set on the ice until thoroughly chilled. Peel, core and chop four large, tart apples and mix them with half a cupful of chopped blanched almonds, two-thirds of a cupful of sugar, four tablespoonfuls of chopped seeded raisins, one-third of a teaspoonful of cinnamon, and the grated rind and juice of one lemon. Roll out the pastry and line deep pie tin with it, fill with the apple mixture and bake in a moderate oven. Beat the whites of two eggs to a stiff froth with five tablespoonfuls of sugar and mound on the baked pie, return to the oven and brown lightly.

LEMON SAUCE

Melt two tablespoonfuls of butter in a small saucepan, add one tablespoonful of flour and one tablespoonful of cornstarch; stir until smooth, not brown; beat in slowly one and one half cupfuls of milk and stir and cook ten minutes, add the juice of one lemon and a seasoning of salt and pepper; cook five minutes and serve.

OCTOBER

SATURDAY

BREAKFASTBaked Apples †
Scrambled Eggs *Toast *
Milk †Jam †
Coffee ***LUNCHEON**Calf's Liver with Rice *
Vegetable Salad †
Pumpkin Pudding *

Milk †

Tea *

DINNERConsomme with Noodles *
Roast Beef, Horse Radish Sauce *
Roast Potatoes † Boiled Onions †
Salad Chiffonade †
Apple and Cranberry Pie * †
Milk † Coffee ***CALF'S LIVER WITH RICE**

Wash and drain on a cloth about a pound of calf's liver, then cut into very thin slices and sprinkle over it two tablespoonfuls of flour. Melt two tablespoonfuls of butter in a saute pan and fry in it a small peeled and finely minced onion; then put in the liver and toss over the fire for a few minutes, season with salt and pepper, add half a glass of white wine, or the juice of half a lemon, and about three-quarters of a cupful of gravy or stock. Cover the pan, and cook contents gently for about ten minutes.

Have ready some rice, cooked in well-seasoned stock, and flavored with very little saffron and some grated cheese. Make this into a border on a hot dish, put the cooked liver in the center and serve hot.

PUMPKIN PUDDING

Peel and steam until soft the required amount of pumpkin; press through a sieve and to every cupful of pulp beat in two tablespoonfuls of melted butter, four tablespoonfuls of milk, a seasoning of salt, and pepper, and two stiffly beaten egg whites, nearly fill individual timbale molds with the mixture, set them in a pan of hot water and bake until the center is firm; unmold on serving dishes and pour around a cream sauce seasoned with salt, pepper, mace and celery salt.

SALAD CHIFFONADE

Wash one head, each, lettuce and romaine; then drain. Wash and scrape celery and cut in small pieces; there should be one-half cupful. Boil two green peppers, remove seeds, cool and shred. Peel four tomatoes and cut in quarters. Remove pulp from one grapefruit. Arrange lettuce and romaine in salad dish. Arrange peppers in two sections opposite each other; fill remaining section with tomatoes. Put celery in center and cover with grapefruit pulp. Pour over French dressing.

APPLE AND CRANBERRY PIE

Sift four cupfuls of flour into a bowl, add three tablespoonfuls of sugar and half a teaspoonful of salt; mix well and rub or chop in one cupful of butter or half butter and half lard. When mixture is like coarse meal add enough ice water to make a stiff paste. Cover and set in the ice box for three hours. Peel, core and slice large tart cooking apples. Line a deep tin with part of the pastry, cover the bottom with a layer of the sliced apples, cover apples with a layer of washed cranberries, sprinkle over cranberries two tablespoonfuls of sugar, and add four tablespoonfuls of water. Continue this method until the tin is filled. Dot the top with bits of butter, cover with pastry, cut three slits in the top and bake in a moderate oven forty-five minutes. Serve with a cold custard. For the custard heat two cupfuls of milk in a double-boiler and when hot stir in the yolks of four eggs beaten with four tablespoonfuls of sugar and stir until thick and smooth, do not boil. Remove from the fire, cool and flavor with one teaspoonful of vanilla and half a teaspoonful of lemon extract.

OCTOBER

SUNDAY

BREAKFAST

Sliced Fresh Figs ‡
 French Toast * Plum Jam ‡
 Milk ‡ Coffee *

DINNER

Stuffed Celery ‡
 Cream of Tomato with Rice * ‡
 Olives ‡
 Baked Chicken, Mushroom Dressing *
 New Peas ‡ Brownd Potato Balls ‡
 Avocado and Cumquat Salad ‡
 Ice Cream Hawaiian ‡
 Milk ‡ Coffee *

SUPPER

Palace Grill Salad ‡
 French Rolls *
 Cantaloupe Royal ‡
 Grape Juice Cup ‡

FRENCH TOAST

Cut six slices of day-old bread half an inch thick and trim off the brown crust; toast a light brown on both sides. Beat three eggs with one-quarter of a teaspoonful of salt and slowly add two cupfuls of milk. Twenty minutes before serving strain the egg mixture in a shallow pan, lay in the slices of toast and turn often for ten minutes. Heat two tablespoonfuls of butter in an omelet pan and when hot lay in the pieces of toast; cook five minutes or until a nice brown underneath, and pour the balance of the egg mixture slowly over the slices of toast. Turn the toast and cook a nice brown underneath. Sprinkle with a few drops of lemon juice, place on a hot platter and place a spoonful of plum jam on each piece of toast.

STUFFED CELERY

Select twelve white stalks of celery and cut in six-inch pieces, peel off the strings and fill the grooves with a mixture made by mixing half a cupful of Roquefort cheese with two tablespoonfuls of creamed butter, two tablespoonfuls of chopped walnut meats and one teaspoonful of Worcestershire sauce. Set in the ice box for one hour before serving.

AVOCADO AND CUMQUAT SALAD

Cut three medium-sized avocados in half, set each half on a lettuce-covered plate, fill the halves with thinly sliced preserved cumquats and pour over a lemon French dressing seasoned high with paprika. Serve very cold.

ICE CREAM HAWAIIAN

Place in a saucepan two cupfuls of canned shredded pineapple and all of the juice, add the juice of half an orange, two tablespoonfuls of grated orange rind and one-half a cupful of sugar; mix well and stir and cook until the sugar is dissolved, then simmer five minutes; remove from the fire and cool. Cover ice-cream serving dishes with crumbed macaroons, place on each dish a slice of brick ice cream, pour over the pineapple sauce and serve.

PALACE GRILL SALAD

Cut celery hearts in match-shaped pieces, there should be three cupfuls; add to them half a cupful of chopped pineapple, half a cupful of chopped pimienta and half a cupful of mayonnaise; mix well, add four tablespoonfuls of salted whipped cream and mound on lettuce-covered plates; sprinkle with finely chopped green peppers and serve very cold.

OCTOBER

MONDAY

BREAKFAST

Baked Apples and Cream †

Cheese Omelet *

Toast *

Milk †

Jelly †

Coffee *

LUNCHEON

Veal Cutlets a la Toulouse *

Marquise Salad †

Spanish Chocolate Cream †

Milk †

Tea *

DINNER

Puree of Spinach †

Ripe Olives †

Chicken Milanaise *

Grapefruit Jelly Salad †

Orange Shortcake *

Milk †

Coffee *

VEAL CUTLETS A LA TOULOUSE

Cut some pieces of veal and fry in a little butter until brown. Make a puree of one-half pound of chestnuts by parboiling, skinning and boiling in a cup of milk until soft enough to rub through a sieve. Cook again with a little milk, one tablespoon of butter and salt to taste, until it thickens. Cover the cutlet on each side with a spoonful of this puree, and lay on ice to stiffen. When cold dip in fine crumbs, then in egg and more bread crumbs and fry in deep fat. Serve with Bechamel or cream sauce.

MARQUISE SALAD

One and one-half cupfuls cooked peas, one cupful diced celery, one-third cupful chopped ripe olives; one-fourth cupful pickled relish, two level tablespoonfuls chili sauce, one level teaspoonful salt, one-fourth level teaspoonful pepper, one-half cupful mayonnaise. Mix the ingredients and arrange neatly on lettuce leaves.

SPANISH CHOCOLATE PUDDING

Beat the yolks of six eggs, put them in a bowl with three ounces of grated chocolate, one-quarter of a pound of sugar and one pint of cream. Stir these ingredients well and pour into a double boiler. Stir one way until it thickens, but do not let it boil or it will curdle. Strain into a bowl, beat one-half pint of cream till thick and stir in one and one-half ounces of dissolved gelatine. Mix this with the chocolate cream very lightly and pour into a mold which has been oiled with olive oil, and put on ice to harden.

CHICKEN MILANAISE

Prepare and truss a young chicken as if for roasting. Put it in a casserole and pour over it two tablespoonfuls of olive oil, a cup of white wine, a cupful of bouillon, salt and cayenne to taste, one spoonful of dried mushrooms, soaked in one cup of water and chopped fine, and one-half can of mushrooms. Cover tightly and simmer in the oven for about an hour, turning the chicken occasionally; add a dozen olives and a tablespoonful of butter, braized with one tablespoonful of flour, and bring to a boil. Remove the chicken and add about a pint of boiled spaghetti or tagliarini to the sauce. Place the chicken on a platter, surround with the spaghetti and serve with grated Parmesan cheese.

GRAPEFRUIT JELLY SALAD

Two level tablespoonfuls granulated gelatine, one-third cupful cold water, one cupful boiling water, one-half cupful sugar, one-half cupful grapefruit juice, one-fourth cupful lemon juice, one-half cupful grapefruit pulp.

Soak the gelatine in the cold water for five minutes. Add the boiling water and stir until the gelatine is dissolved. Add the sugar, grapefruit juice and lemon juice. Cool and add the grapefruit pulp. Pour into a ring mold and set in a cold place for two hours. Unmold on a bed of lettuce leaves. Fill the center of the mold with any cheese salad. Serve with mayonnaise.

OCTOBER

TUESDAY

BREAKFAST

Prunes and Cream *

Bacon and Eggs *

Toast *

Milk ‡

Jam ‡

Coffee *

LUNCHEON

Kidneys Los Angeles *

Pineapple Salad ‡

Mandarin Sherbet ‡

Milk ‡

Tea *

DINNER

Chestnut Soup *

Celery ‡

Beef a la Milanaise *

Pimiento Timbales ‡

Rinconita Salad * ‡

Banana Compote ‡

Milk ‡

Coffee *

KIDNEYS LOS ANGELES

Slice two beef or three calf kidneys, after removing the hard centers. Fry four sliced onions in two tablespoonfuls of lard until brown, then add six large tomatoes cut up, six green (seeds removed,) chopped, and four slices of bacon. Cook five minutes and add four potatoes cut in thick slices, salt and Tabasco sauce to taste, the sliced kidneys and enough water to cover. Stew until the kidneys are tender, then, thicken sauce with the yolks of six hard-boiled eggs rubbed to a paste with a glass of sherry and one teaspoonful of Worcestershire sauce. Add the whites of the eggs chopped, and serve with boiled rice.

MANDARIN SHERBET

Grate the rind of one dozen oranges, remove the peel, and squeeze; add the juice of two dozen more and the juice of two lemons, and enough water to make one quart of liquid. Sweeten well and partly freeze, then open the freezer and stir in the whites of two eggs, beaten to a stiff froth; close the freezer, pack with ice and salt, and let stand for an hour.

CHESTNUT SOUP

Boil one quart of large chestnuts for twenty minutes. Take off the shells and thin brown skin. Put into a saucepan with enough boiling water to cover them. Add a teaspoonful of salt and a piece of lemon rind. When soft rub through a sieve. Then pour over them, stirring all the time, two quarts of good veal or chicken broth, one half cup of cream, and a tablespoonful of butter rolled in flour. Bring to a boil. Serve very hot.

BEEF A LA MILANAISE

Have five pounds of the upper round of beef tied in a neat roll. With a carving steel pierce it through in eight or ten places, and insert sticks of macaroni and fat salt pork alternating in the holes. Sear it in hot lard all over, place in a deep casserole or saucepan, and cover with the following sauce; soak two ounces of dried mushrooms in one pint of hot water for one hour, then drain carefully and chop. Heat two tablespoonfuls of olive oil and fry in it one large chopped onion until yellow, then add two chopped tomatoes, the mushrooms, two sliced green peppers and the water in which the mushrooms have soaked, one teaspoonful of kitchen bouquet, one cupful of white grape juice, one cupful of ripe olives, salt and Tabasco sauce to taste. Simmer all together five minutes, then pour over the beef, cover tightly and bake slowly in the oven, basting frequently. When tender place the beef on a platter and surround it with spaghetti which has been mixed with the sauce. If the sauce has been reduced too much, thin with soup stock.

OCTOBER

WEDNESDAY

BREAKFAST

Persian Melon †
Bacon Omelet *

Toast *
Milk †

Jam †
Coffee *

LUNCHEON

Stuffed Vegetable Marrow *
Apple and Nut Salad †
Hot Rolls *
Apple and Raisin Pie †

Milk †

Tea *

DINNER

Garden Soup † *
Ripe Olives †
Baked Rack of Lamb *
Green Peas † Franconia Potatoes †
Jellied Egg and Pepper Salad *
Prune Whip *
Milk † Coffee *

STUFFED MARROW

Select three vegetable marrows about six inches long, peel lightly, cut a piece from one end and remove the seeds. Press closely into the marrows some well-seasoned pork sausage, pin the end pieces on with tooth picks, place in a saucepan, dot with butter, add one cupful of meat stock and one teaspoonful of lemon juice, cover the pan tight and set in a moderate oven for two hours or until the marrows are tender, basting often. Lift the marrows to a serving dish, remove the fat from the sauce, add to the sauce one cupful of tomato sauce, boil up once and strain over the marrows.

APPLE AND RAISIN PIE

Place in a saucepan four cupfuls of peeled, cored, and thinly sliced apples, one cupful of seeded raisins, and half a cupful of water; cover and simmer slowly for five minutes or until the apples are slightly tender; add three-quarters of a cupful of sugar and cook three minutes; add one teaspoonful of flour, a few grains of salt, one tablespoonful of grated lemon rind, half a teaspoonful of cinnamon, and one-quarter of a teaspoonful of nutmeg. Mix well, pour into a pastry lined pie tin, dot with two tablespoonfuls of butter, broken in small bits, cover with pastry and set in a moderate oven for thirty-five minutes. Sprinkle with sugar and return to the oven for five minutes.

GARDEN SOUP

Heat four tablespoonfuls of butter in a saute pan, add one-quarter of a small young cabbage cut in thin shreds, two peeled and diced carrots, one peeled and diced potato, half a chopped onion, half a chopped turnip, and three peeled and chopped stalks of celery; stir and simmer for ten minutes, add six cupfuls of stock or water and a seasoning of salt and pepper. Cover and simmer for half an hour. Serve with croutons.

FRANCONIA POTATOES

Wash and peel one dozen small potatoes, cover with water and cook until nearly done; drain and let stand until cold. Fry in deep hot vegetable shortening until a nice golden brown; drain well, season with salt and pepper and serve hot.

EGG AND PEPPER SALAD

Hard boil three eggs, cool and remove shells. Remove the stem ends from three bell peppers, scrape out the seeds and cover with ice water. Dissolve one package of cherry jelly powder in two cupfuls of boiling water. Drain the peppers, place a hard-boiled egg in each one, fill the peppers with the dissolved jelly powder and set on the ice until firm. Cut in slices with a sharp knife, arrange on lettuce-covered plates and sprinkle with finely chopped pimientos, serve with lemon French dressing.

OCTOBER

THURSDAY

BREAKFAST

	Grapefruit †	
	Creole Omelet *	
Corn Muffins *		Jam †
Milk †		Coffee *

LUNCHEON

	Macaroni au Gratin *	
	Bechamel Salad †	
	Compote of Oranges †	
Milk †		Tea *

DINNER

	Cream of Spinach Soup †	
	Celery †	
	Flounders a la Nouvelle Orleans *	
Fried Eggplant †		Baked Potatoes †
	Cucumber Salad †	
	Pear Pie * †	
Milk †		Coffee *

CREOLE OMELET

Six ripe tomatoes, two onions, six eggs, one tablespoonful of butter, two tablespoonfuls of minced ham, one-half clove of garlic, salt and pepper to taste.

Scald and skin six ripe tomatoes and chop them fine. Chop two onions and mince the garlic very fine, and add a large spoon of bread crumbs. Fry them with a tablespoonful of butter in a saucepan till quite brown. Then add the tomatoes and salt, pepper and cayenne to taste, and let all stew for an hour, at least. Prepare the eggs as for ham omelet, and when the tomatoes are quite done have ready a heated frying pan and a half-tablespoonful of butter. Pour them into the pan. As they become set pour in the center the tomatoes, and fold the omelet over and cook for two minutes longer. Roll gently into a dish and serve hot.

MACARONI AU GRATIN

One-half pound of macaroni, one pound of Parmesan cheese, one tablespoonful of flour, one tablespoonful of butter, salt and pepper to taste.

Boil the macaroni unbroken, not cooking it too much, just enough to make it soft; then lift out of the water without breaking it. This will require about a half-hour of rapid boiling. Season well with salt and black pepper, put in a pint of milk, a tablespoonful of butter, blended well with flour, and let it boil two minutes. Place a layer of the macaroni in the pan in which it is to be baked, seasoning again to taste, and mix in a layer of the grated cheese; sprinkle with pepper and salt; then put in alternating layers of the macaroni and the cheese, continuing until three-fourths of the cheese is used. Do not break the macaroni. Pour over this the boiling milk. Take the remaining quarter pound of cheese and sprinkle thickly on top, dot here and there with bits of butter, put it in a quick oven and let it bake to a nice brown. Serve in the dish in which it was baked. In cooking macaroni, cream or milk may be used always instead of water, using a pint of either in the above proportions. If you have not the milk, a pint of the water in which the macaroni was boiled will answer equally well.

FLOUNDERS A LA NOUVELLE ORLEANS

A three-pound flounder, two tablespoonfuls of flour, one tablespoonful of butter, six allspice, one sprig of thyme, two sprigs of parsley, one sprig of sweet basil, one can of mushrooms, croutons, salt and pepper to taste.

Select a fine fresh flounder, parboil, by scalding well after it has been put in butter and salt and set to bake in an oven. When it is two-thirds cooked, take off and pour over a cream sauce made of two tablespoonfuls of flour, one tablespoonful of butter, spice, thyme, parsley, sweet basil and bay leaf, a can of mushrooms, all chopped fine, and cook about five minutes. After pouring this over the fish, slit open in scores on top, put back in the oven and let it bake till done, which will be about fifteen minutes. Prepare crusts of bread cut in diamond shape, fry those in butter and use as a garnish for the fish.

CUCUMBER SALAD

See Page 294

OCTOBER

FRIDAY

BREAKFAST

Cantaloupe ‡

Breakfast Sausage *
Griddle Cakes *Fried Apples ‡
Maple Syrup ‡

Milk ‡

LUNCHEON

Salmon Salad *

Tea Biscuits *

Watermelon ‡

Iced Tea *

DINNER

Chilean Family Soup *

Olives ‡

New England Boiled Dinner *

Lettuce, French Dressing ‡

Baked Apple Rolls *

Milk ‡

Coffee *

GRIDDLE CAKES

Sift into a bowl two cupfuls of sifted flour sifted with four level teaspoonfuls of baking powder, half a teaspoonful of salt and two teaspoonfuls of sugar; make a hole in the center, turn in two well beaten eggs and three quarters of a cupful of milk and beat until smooth; with a wire egg beater beat in slowly three quarters of a cupful of milk and two teaspoonfuls of melted butter. Beat five minutes and drop by spoonfuls on a hot well-greased griddle.

CHILEAN SOUP

Heat in a frying pan one cupful of chopped beef suet, add half of chopped onion, and three chopped sweet red peppers; simmer slowly for five minutes, strain into a clean frying pan, add eight half slices of stale bread and fry until crisp; place the bread in a hot soup tureen, sprinkle with one tablespoonful of chopped fresh mint, one teaspoonful of sugar, a seasoning of salt and cayenne pepper, and one beaten egg; pour over all four cups of boiling beef broth and serve with a tablespoonful of grated cheese to each plate.

BOILED DINNER

Wash a four or five pound piece of corned brisket or lower round of beef, wipe, tie into shape with a string, place in a pot, cover with cold water, bring slowly to a boil, boil five minutes, skim off the scum, cover the pot and simmer slowly for three hours; add six scraped carrots, and six onions; simmer for one hour and a half, add six peeled turnips and cook until tender. Lift out the meat and vegetables, place in a saucepan with enough of the liquor to moisten and keep hot. Cut a heavy cabbage in quarters, cut out the core, wash and soak in cold water; drain, place in the corned beef liquor and cook until tender. Lift out the cabbage onto a hot platter, arrange the corned beef in the center with the cooked vegetables around. Boiled potatoes and beets can be added if liked.

APPLE ROLL

Peel, core and thinly slice three apples, place in a saucepan, add one cupful of water and cook five minutes, drain off the water and save. Sift one and a half cupfuls of sifted flour with three level teaspoonfuls of baking powder, one tablespoonful of sugar, and a small pinch of salt; rub into these three tablespoonfuls of butter or lard and mix to smooth dough with half a cupful of milk; place on a floured board, pat out in a rectangular shape half an inch thick, spread with the cooked apples, dot with two tablespoonfuls of butter broken in small bits, and sprinkle with one teaspoonful of cinnamon; roll up like jelly roll and cut in six even pieces. Place in a saucepan one cupful of water and one and a half cupfuls of sugar, bring to a boil and boil five minutes; pour this syrup into the bottom of a baking pan, place in the apple rolls flat side down, pour over the water left from the cooked apples and bake in a moderate oven thirty minutes, basting often while baking. Lift out the rolls onto six hot serving plates, strain over the sauce and serve with cream.

OCTOBER

SATURDAY

BREAKFASTStewed Rhubarb ‡
Shirred Eggs *Toast *
Milk ‡Jam ‡
Coffee ***LUNCHEON**Halibut Salad, San Pedro *
Cheese Biscuits *
Spice Cake *

Milk ‡

Tea *

DINNERPuree of Green Peas ‡
Celery ‡

Baked Meat Pie *

Combination Salad ‡

Marshmallow Apple Pudding * ‡

Milk ‡

Coffee *

HALIBUT SALAD

Mix in a bowl rubbed with a clove of crushed garlic one and a half cupfuls of flaked cooked halibut, one cupful of peeled and diced cucumber, one head of shredded lettuce, two tablespoonfuls of chopped capers, three tablespoonfuls of chopped pimientos, one chopped hard-boiled egg, and three-quarters of a cupful of cooked salad dressing. Serve on lettuce-covered plates and garnish with ripe olives.

SPICE CAKE

Beat to a cream half a cupful of butter and one and three-quarters of a cupful of sugar; beat well and beat in, one at a time, three eggs, beating well after the addition of each egg. Sift two and a half cupfuls of sifted flour with four level teaspoonfuls of baking powder, one teaspoonful of cinnamon, half a teaspoonful of cloves, half a teaspoonful of ginger and half a teaspoonful of mace; add the flour mixture to the first mixture with one cupful of sour cream; beat well and add two-thirds of a cupful of seedless raisins and half a cupful of chopped walnut meats. Pour into a buttered and floured shallow baking pan and bake in a moderate oven.

• MEAT PIE

Mix three cupfuls of cold cooked beef, veal or lamb cut in one-inch squares with one parboiled and chopped green pepper, half a cupful of chopped cooked ham, half a cupful of diced carrots, two cupfuls of diced potatoes, one chopped onion, three tablespoonfuls of flour, and cupful of meat gravy, and a seasoning of salt and paprika. Place the mixture into an earthenware baking dish, cover with a short biscuit dough, cut a hole in the center, brush with milk and bake forty minutes in a medium hot oven.

MARSHMALLOW APPLE PUDDING

Mix four cupfuls of peeled and sliced apples with one and a half cupfuls of light brown sugar and three-quarters of a cupful of cleaned currants. Place in a buttered baking dish, pour over one and a half cupfuls of water, sprinkle with two teaspoonfuls of cinnamon, dot with two tablespoonfuls of butter broken in small bits and bake thirty minutes in a moderate oven or until the apples are soft. Cover the top with twenty marshmallows, return to the oven and bake until the marshmallows are puffed and lightly browned. Serve hot with cream.

OCTOBER

SUNDAY

BREAKFASTCasaba Melon †
Spanish Omelet *Waffles *
Milk †Maple Syrup †
Coffee ***DINNER**Puree Mongole *
Celery †Baked Short Ribs of Beef *
Cauliflower † Browned Sweet Potatoes †

Cabbage Combination Salad †

Toasted Cheese Sticks *

Brick Ice Cream †

Macaroons * Chocolate Sauce †

Milk †

Coffee *

SUPPER

Chicken Chop Suey *

Toasted Rolls *

Rice *

Hot Gingerbread *

Marshmallow Sauce *

Coffee *

PUREE MONGOLE

Place in a stock pot four cupfuls of seasoned beef stock and three cupfuls of tomato puree, add five whole cloves, half a bay leaf, four whole pepper corns, one thin slice of onion, ten whole allspice, one-quarter of a teaspoonful of celery seed, and one branch of parsley; bring to a boil, reduce the heat and simmer one hour. While the soup is cooking, brown two and one-half tablespoonfuls of butter, add two and one-half tablespoonfuls of flour and stir and cook until well browned, stir into the soup and bring to a boil. Rub all through a sieve into a clean saucepan and add two teaspoonfuls of lemon juice, one teaspoonful of Worcestershire sauce, two teaspoonfuls of sugar, one quarter of a teaspoonful of soda. Boil up and add four tablespoonfuls of cooked peas and four tablespoonfuls of cooked carrots browned in butter. Add salt if necessary.

BAKED SHORT RIBS

Have the butcher cut four and one-half pounds of short ribs of beef in neat pieces for serving. Wash well, place in a pot, add one clove of garlic half of a chopped green pepper, and three cupfuls of water; cover tight, bring to a boil and simmer one hour. Remove the seasonings, add two teaspoonfuls of salt, turn the meat, cover and simmer two hours. Lift out the beef, place in a baking pan, dip parboiled sweet potatoes in the liquid and place around the meat; place the pan in the oven and bake a nice brown. Remove the fat from the liquid, add two tablespoonfuls of flour mixed smooth with six tablespoonfuls of milk and stir and cook ten minutes, add two tablespoonfuls of grated horse radish and one teaspoonful of lemon juice and pour over the browned meat.

CABBAGE SALAD

Mix in a cold bowl rubbed with a clove of crushed garlic, one cupful of shredded cabbage and one cupful of cooked, cooled, and diced string beans, one chopped pimiento, two-thirds of a cupful of peeled and chopped cucumber, four tablespoonfuls of chopped green onions, four tablespoonfuls of chopped green peppers, four tablespoonfuls of chopped ripe olives, one cupful of shredded lettuce, and one cupful of mayonnaise dressing. Mix well and serve on six lettuce covered salad plates.

CUCUMBER SALAD

Two large cucumbers, six pieces of head lettuce, one cupful of finely chopped celery, one-fourth cup of finely chopped green pepper, one level teaspoonful salt, one-fourth level teaspoonful pepper, one cupful mayonnaise, twelve strips pimientos, six pieces of parsley.

Peel the cucumbers and cut each in thirds crosswise. Remove a small portion of each part of the cucumber to form a little cup. Cut each part in thin slices crossways. Carefully arrange each portion on one of the lettuce leaves. Mix the celery, green pepper, salt and pepper. Fill each cup. Place portions of mayonnaise on top. Arrange two strips of pimiento on top and stick a sprig of parsley in also.

OCTOBER

MONDAY

BREAKFAST

Grapes ‡
Princess Egg *

Toast *
Milk ‡

Jelly ‡
Coffee *

LUNCHEON

Surprise Croquettes with Peas *
Radish Salad ‡
Frozen Tea *
Milk ‡

DINNER

Vegetable Soup ‡
Sweet Pickled Melon Rind ‡
Round Steak, Sauce Piquant *
Baked Squash ‡
Hash Browned Potatoes ‡
Asparagus Salad ‡
Banana Shortcake *

Milk ‡

Coffee *

PRINCESS EGG

Four eggs, one-half cupful finely chopped ham, one teaspoonful melted butter, one-quarter teaspoonful salt, dash paprika.

Brush four ramekins or custard cups with oil or butter, put one tablespoonful of ham in each cup and one egg on top of ham, dust with salt; place cup in pan of hot water, put in oven six to eight minutes, or, if oven is not hot, put pan on top of stove, cover and steam eight to ten minutes; dust with paprika and serve in ramekins or cups.

SURPRISE CROQUETTES WITH PEAS

Two cupfuls cold boiled rice, one cupful cold boiled ham, one cupful thick cream sauce, one hard boiled egg, one raw egg, two tablespoons finely chopped green peppers, one teaspoonful salt, bread crumbs.

Put rice and ham through food chopper; add the cream sauce, pepper and salt. Mix well. Cut the hard boiled egg in six pieces the long way, put the ham and rice mixture around the piece of egg, roll in flour, then in the raw egg, mixed with one tablespoonful cold milk; dip the croquette in egg, then in bread crumbs; fry in very hot fat. The croquettes are made oblong. Serve with green peas around. The cream sauce is made with one tablespoonful butter, two tablespoonfuls flour and one cupful cold milk, seasoned and flavored to taste.

FROZEN TEA

One quart of strong tea, one cupful sugar, two tablespoonfuls lime or lemon juice, four tablespoonfuls orange juice, one teaspoonful each of grated lemon and orange peel, or two tablespoonfuls of orange marmalade.

The tea is strained and cooled before putting in freezer; add sugar syrup and flavoring. Freeze same as frozen pineapple and serve in a tall glass, with thin slice of lemon on edge of glass.

This can be served with the meal or at the end, and is exceptionally nice for the afternoon caller.

ROUND STEAK, SAUCE PIQUANT

One pound round steak, two cupfuls sauce.

Pound the steak and sear quickly in hot iron frypan that has been brushed with a little drippings; when meat is browned nicely on both sides add sauce and cover pan and simmer very slowly forty to forty-five minutes on top of stove, adding a little water if needed.

Sauce Piquant: Two tablespoonfuls drippings or cooking oil, one-half cupful finely cut onions, two tablespoonfuls finely cut green pepper, two cupfuls tomatoes, one tablespoonful sugar, two teaspoonfuls salt, one-eighth teaspoonful paprika, one-eighth teaspoonful whole cloves and allspice, a piece of whole mace, two tablespoonfuls flour, one tablespoonful tablesauce, two tablespoonfuls finely cut parsley or celery top, one tablespoonful caramel.

Put the drippings or oil into fry-pan, add the onion and peppers and fry until brown, then add tomatoes and spices and fry until quite dry, stirring often; add two cups of vegetables or rice stock or water and seasoning; cook slowly thirty minutes (simmer), add flour, which has been mixed with a little water; boil five minutes, then rub through strainer and add tablesauce and caramel, parsley or celery top.

OCTOBER

TUESDAY

BREAKFAST

Sliced Fresh Figs ‡
 French Toast * Peach Jam ‡
 Milk ‡ Coffee *

LUNCHEON

Sausage Rolls, Parisienne *
 Hearts of Lettuce, Gourmet ‡
 Watermelon ‡
 Iced Cocoa ‡

DINNER

Consomme Delmonico *
 Celery Sticks ‡
 Braised Leg of Lamb *
 Creamed Carrots and Peas ‡
 Mashed Potatoes ‡
 Romaine Lettuce ‡ Egg Dressing *
 Brick Ice Cream, Orange Sauce ‡
 Milk ‡ Coffee *

SAUSAGE ROLLS

Melt one teaspoonful of butter, add one teaspoonful of flour, work smooth and add half a teaspoonful of meat extract dissolved in half a cupful of hot water. Slice off the top of six large French rolls, with a spoon remove the centers, brush with melted butter inside and bake a nice brown in a hot oven. Place six breakfast sausages in a pan, set in the oven and bake until well done; mash fine, add the sauce and mix well; fill the prepared rolls with the mixture, set on hot plates and garnish with finely-chopped parsley and sprigs of watercress.

LETTUCE GOURMET

Sprinkle hearts of lettuce with grated full American cream cheese. Rub a small bowl with a crushed clove of garlic, remove the garlic and mix in the bowl one teaspoonful of salt, half a teaspoonful of powdered sugar, two tablespoonfuls of finely-chopped parsley, two teaspoonfuls of finely-chopped Jap chili peppers, five tablespoonfuls of strained lemon juice and half a cupful of olive oil; beat well and pour over the cheese sprinkled lettuce.

CONSOMME DELMONICO

Mix in a saucepan four cups of consomme, two cups of brown soup stock, half a cupful of pimiento that has been rubbed through a sieve, half a cupful of strained orange juice, and a seasoning of salt and cayenne pepper; mix well, beat in the white and yolks of two eggs, bring to a boil, skim carefully and strain through a napkin. Reheat and serve in six cups.

BRAISED LAMB

Have the butcher bone a leg of lamb and stuff with a dressing made by mixing one cupful of cracker crumbs with two tablespoonfuls of melted butter, half a cupful of boiling water, half a teaspoonful of poultry spice, one tablespoonful of chopped capers, and a seasoning of pepper and salt. Place the leg of lamb in a covered roasting pan. Melt four tablespoonfuls of butter in a saucepan, add half a sliced onion, one sliced carrot, half of a crushed bay leaf, one sliced turnip, two stalks of chopped celery, two teaspoons of chopped parsley, and a small blade mace; stir and cook seven minutes, add eight peppercorns, one teaspoonful of salt, and three cups of hot water, boil up and pour over the leg of lamb; cover the pan and cook slowly in the oven for two and a half hours; remove the cover and bake thirty minutes. Place the leg of lamb on a hot platter, add two tablespoonfuls of flour to the pan and stir and cook until the flour is browned, strain over the leg of lamb and serve.

EGG DRESSING

Mix in a small cold bowl one teaspoonful of salt, half a teaspoonful of fresh ground black pepper, a few grains of cayenne pepper, and three tablespoonfuls of vinegar; mix well and beat into them slowly one-third of a cupful of olive oil. When well mixed, add two tablespoonfuls of finely-chopped pimiento, one tablespoonful of finely-chopped parsley, two tablespoonfuls of finely-chopped chives, and two finely-chopped hard-boiled eggs. Chill and beat well.

OCTOBER

WEDNESDAY

BREAKFAST

	Cassaba Melon †	
	Fried Eggs, Biarritz *	
	Pop Overs *	
Milk †	Grapefruit Marmalade †	Coffee *

LUNCHEON

Tortelli, Neapolitan *
 Chicory and Celery Salad †
 Water Rolls *
 Date Cakes *
 Iced Tea *

DINNER

	Iced Consomme *	
	Radishes †	
	Domestic Duck, Sauce Bigrade *	
	Egg Plant Saute †	
	Baked Potato †	
	Lettuce †	
Milk †	Thousand Island Dressing †	Coffee *
	Strawberry Short Cake *	

GRAPEFRUIT MARMALADE

Slice ten grapefruit very thin, remove all seeds and mix with five thinly sliced oranges; cover with cold water and let stand over night. Place in a preserving kettle, bring to a boil and simmer until tender, about one and a half-hours. Let stand over night, measure into a preserving kettle, add equal amount of sugar and simmer for one hour. Pack in hot glasses and seal.

TORTELLI, NEAPOLITAN

Sift one cupful of sifted flour into a bowl, make a well in the center, pour into the well four tablespoonfuls of warm water, half a teaspoonful of salt and two eggs; beat smooth with a spoon and work in one cupful of sifted flour gradually. Knead until smooth, divide into four pieces and roll out in thin sheets. Place the sheets on a cloth and let dry half an hour. Cut the paste into rounds with a two-and-a-half-inch cutter. Squeeze all of the moisture out of one and a half cupfuls of cottage cheese and add to it two tablespoonfuls of grated Parmesan cheese, one egg yolk, one-quarter of a teaspoonful of nutmeg, one-quarter of a teaspoonful of allspice, one-quarter of a teaspoonful of salt, and two teaspoonfuls of chopped parsley; mix well, place a tablespoonful of the mixture on half of each paste round, moisten the edges, fold the paste over the cheese mixture like a turnover, drop in boiling salted water and cook. Lift out onto a strainer, drain well, place on a hot platter, sprinkle with melted butter and grated Parmesan cheese and serve hot. This dish is also very nice served with Spanish or mushroom sauce.

DATE CAKE

Remove the seeds from sixteen dates, chop fine and rub to a smooth paste with two tablespoonfuls of orange juice and one tablespoonful of lemon juice. Beat two eggs and the yolks of seven eggs until light and lemon colored; beat into the eggs slowly one and three-quarter cupfuls of sifted sugar and beat smooth; beat into these the date paste, three tablespoonfuls of grated chocolate, one and a half cupfuls of sifted cracker crumbs, one teaspoon of allspice, and one teaspoonful of cinnamon. Mix well, add the stiffly beaten whites of seven eggs, pour into two buttered and floured layer cake tins and bake in a moderate oven. Cool and spread whipped cream between the layers.

DUCK BIGRADE

Cover a baking pan with four tablespoonfuls of finely chopped salt pork, one small sliced onion, one sliced carrot, one sliced branch of celery, one clove of crushed garlic, two tablespoonfuls of chopped parsley, one bay leaf, twelve whole pepper corns, and two whole cloves; lay on these one cleaned, trussed, and seasoned five or six-pound domestic duck, cover with melted butter, add four tablespoonfuls of butter, and roast in the oven forty minutes, turning and basting often. Set duck on a platter and garnish with two sliced and peeled oranges. Cut the orange peel in strips, boil in water ten minutes, drain, place in a saucepan, add two tablespoonfuls of current jelly, the strained juice of one orange, and three-quarters of a cupful of meat stock; season with salt and cayenne, reduce one-half and pour over the duck.

OCTOBER

FRIDAY

BREAKFAST

Sliced Peaches and Cream ‡
 Coddled Eggs *
 Toast * Tomato Marmalade ‡
 Milk ‡ Coffee *

LUNCHEON

Fish Salad, Potato Dressing *
 Hot Rolls ‡
 Mocha Cake a la Mode * ‡
 Iced Tea *

DINNER

Fish Chowder *
 Olives ‡
 Albacore, Meuniere *
 Green Corn * Chip Potatoes ‡
 Poinsettia Salad ‡
 Peach Fluff ‡

TOMATO MARMALADE

See page 154

FISH SALAD

Rub a bowl with a clove of crushed garlic, remove the garlic and mix in the bowl one and a half cupfuls of cold cooked fish broken in small flakes, three quarters of a cupful of peeled and diced cucumber, three quarters of a cupful of peeled and diced celery, two chopped hard boiled egg whites, one chopped green pepper, one chopped pimento, two teaspoonfuls of salt, half a teaspoonful of paprika, and one cupful of French dressing. Let stand in a cold place thirty minutes, drain and mound on six lettuce covered plates; cover with potato salad dressing, press the hard boiled egg yolks through a sieve over the salads, sprinkle with chopped parsley and serve.

POTATO SALAD DRESSING

Boil two medium sized peeled potatoes until mealy, drain, and dry for a few seconds on the stove; place in a bowl and beat with a fork until light and dry; beat into them half a teaspoonful of salt, half a teaspoonful of white pepper, half a teaspoonful of made mustard, one tablespoonful of olive oil, the beaten yolk of one egg and the stiffly beaten white of one egg. Mix three tablespoonfuls of vinegar with one tablespoonful of powdered sugar and one teaspoonful of good table sauce and beat slowly into the first mixture. Chill and use over any fish or meat salad.

ALBACORE, MEUNIERE

Trim the skin from six half-inch slices of albacore, remove the bone, dip each slice in salted flour and fry a nice brown on both sides in hot olive oil. Remove to a hot platter. Melt six tablespoonfuls of butter in a small saucepan, add the strained juice of one lemon and one and a half tablespoonfuls of finely chopped parsley; bring to a boil and pour over the cooked fish.

POINSETTIA SALAD

Mix half a cupful cottage cheese with one tablespoonful of chili sauce, one teaspoonful of salt, and half a teaspoonful of paprika. Wash six medium sized tomatoes, dry and cut in eighths lengthwise toward the center, but do not cut through. Place a tomato on a lettuce covered plate, open out, sprinkle with lemon French dressing, place a mound of the cheese mixture in the center of each salad and serve.

PEACH FLUFF

Mix one-half a cupful of sugar with one cupful of thick cream and stir until the sugar is dissolved; set on the ice four hours before serving. Set four cupfuls of peeled and sliced peaches on the ice. Just before serving add the stiffly beaten whites of two eggs to the cream. Place the chilled peaches in a glass serving dish, sprinkle with half a cupful of sugar, pour over the cream mixture and serve at once.

OCTOBER

SATURDAY

BREAKFASTBaked Apples and Cream †
Ham and Eggs *Toast *
Milk †Jelly †
Coffee ***LUNCHEON**Dutch Croquettes *
Pineapple and Cheese Salad †
Parker House Rolls *
Baked Orange Pudding *

Milk †

Tea *

DINNEROxtail Soup *
Chow Chow †
Bulgarian Chops *
Cucumbers a la Poulette † *
Boiled Rice *
Romaine Salad †
Cocoanut Cake *

Milk †

Coffee *

DUTCH CROQUETTES

Take one cupful of chopped pecan nuts, two cupfuls of fine bread crumbs, a quarter saltspoonful of pepper, a half teaspoonful of salt, one beaten egg, juice of an onion, teaspoonful of Worcestershire sauce, a tablespoonful of melted butter and enough sweet cream to make the mixture into a consistency to mold into croquettes. Form the croquettes into any desired shape, dust them with flour, lay them on a floured plate and set them in a cool place until it is time to use them. Fry them in deep, hot fat, drain and serve them in a napkin garnished with parsley and lemon quarters.

BAKED ORANGE PUDDING

Roll six ounces of stale sponge cake into fine crumbs and pour over them one pint of boiling milk. Grate the rind of two oranges and squeeze the juice of six over two cups of sugar. Beat six eggs and stir them into the mixture, and pour into a deep pie dish lined with puff paste. Bake for half an hour, sift with powdered sugar, and serve.

OXTAIL SOUP

Take two oxtails, separate them, wash and put them into the soup pot. Dice a small slice of ham and add it with three sliced onions, one leek, one stalk of chopped celery, a bunch of sweet herbs, parsley, a bay leaf, four cloves, one teaspoonful of pepper, a tablespoonful of salt, two tablespoonfuls of ketchup and three quarts of water. Skim the soup carefully as it boils and let it boil evenly for about four hours. When done, strain and thicken slightly with a little butter and flour mixed to a cream. Return to the soup a little of the meat, which may readily be taken from the bones in small pieces.

CUCUMBERS A LA POULETTE

Pare and slice three cucumbers and lay them in salt and vinegar for half an hour. Drain them in a cloth and put them in two tablespoons of butter in a stewpan, saute them, but do not brown them. Dredge over them some flour and add a half-pint of white stock, a teaspoonful of minced parsley, a saltspoonful of salt, a half saltspoonful of pepper, and a teaspoonful of sugar. Let boil slowly until the gravy is a bit reduced, then stir in the yolks of two eggs; let come to boiling point and serve.

OCTOBER

SUNDAY

BREAKFAST

Cantaloupe ‡

Shirred Eggs *

Waffles *
Milk ‡Honey ‡
Coffee ***DINNER**

Fresh Fruit Cocktail ‡

Celery ‡

Salted Almonds ‡

Roast Domestic Duck, Apple Sauce *

String Beans ‡

Potatoes au Gratin ‡

Avocado Salad ‡

Raspberry Cream Pie *

Milk ‡

Coffee *

SUPPER

Ham and Tomato Sandwich *

Shredded Lettuce and Pineapple Salad ‡

Peach Sillibub ‡

Grape Juice Cup ‡

FRUIT COCKTAIL

Peel and dice three oranges, mixed with two cupfuls of thickly sliced strawberries and two cupfuls of diced pineapple; add sugar to taste, pour over the fruit juices, set in the ice box until thoroughly chilled and serve in tall stem glasses set in a bed of cracked ice. Garnish with a whole berry.

ROAST DUCK

See page 148

POTATOES AU GRATIN

See page 148

AVOCADO SALAD

Peel three medium-sized avocados, cut in strips, cut strips in dice and place in a cold bowl rubbed with a clove of crushed garlic, mix with two diced pimentos, one diced green pepper and one heart of lettuce torn in fine strips; add two-thirds of a cupful of lemon French dressing and serve on cold plates.

RASPBERRY CREAM PIE

Line a deep pie tin with a short pie pastry, fill with dry beans and bake. Remove the beans, cool, cover the bottom with toasted sponge cake crumbs, fill with raspberries, dust with powdered sugar and lattice the top with whipped cream pressed through a tube.

HAM AND TOMATO SANDWICH

Finely chop two cupfuls of cooked ham and mix with half a cupful of creamed butter, half a teaspoonful of dry mustard, one tablespoonful of table sauce, and two tablespoonfuls of chopped capers. Spread on slices of toast, cover with a lettuce leaf, mayonnaise with thin slices of tomato and cover tomato with a slice of buttered toast. Cut, place on a lettuce-covered plate and garnish with pickles and ripe olives.

PEACH SILLIBUB

Mix two cupfuls of canned diced peaches with half a cupful of fine sugar, and two tablespoonfuls of grated orange rind; add the stiffly beaten whites of three eggs and beat well; fold in one and a half cupfuls of whipped cream, fill six tall glasses with the mixture, sprinkle with grated cocoanut, garnish with a whole cherry and set in the ice box for one hour.

OCTOBER

MONDAY

BREAKFAST

Grapes †
 Waffles * Bacon *
 Milk † Coffee *

LUNCHEON

Lobster Salad, a la Louis *
 Hot Rolls *
 Chocolate Parfait *
 Milk † Tea *

DINNER

Onion Soup Gratine †
 Salted Nuts †
 Beef Fillet Braised *
 Stuffed Tomato † *
 Baked Potatoes †
 Water-cress Salad †
 Graham Cake *
 Milk † Coffee *

LOBSTER SALAD

Chill a cooked lobster, remove meat from shell, cut body meat into slices and discard intestinal veins, and reserve claws to use as garnishing, also the coral chopped. Marinate the lobster meat in a cold place in a Louis dressing plain made with tarragon vinegar. Remove outside leaves of one or two white, firm, lettuce hearts, slice, and soak in cold water. Drain. Place lettuce leaves in a cheese cloth, swing it until freed of moisture. Divide the lettuce between six individual salad dishes and chill. When ready to serve, dredge over lettuce three chopped pimentos and the coral, then divide the marinated lobster between the six dishes, garnish with claws and sliced, stuffed olives, and serve at once.

CHOCOLATE PARFAIT

Boil for two minutes, one-third cupful of water, one cupful sugar, two thirds cupful grated chocolate, and one spoonful vanilla. Strain and cool; and while beating six egg yolks or three whole eggs in a saucepan, slowly add the chocolate mixture. Set over a slow fire, and cook and stir without allowing it to boil, until it masks the spoon; remove and cool. Beat stiff dry one pint of chilled cream, and fold it in the chilled chocolate mixture. Pack in mold, then in salt and ice two and one-half hours.

ONION SOUP GRATINE

Make a plain onion soup, rubbing the onions through a puree strainer, in their own liquor. Put in a bowl two or three yolks of eggs, one teaspoonful of grated Parmesan cheese. Beating the eggs, slowly add the strained soup, then pour it in a glass oven, casserole, arrange on top six small French croutons, dredge over the top some mixed Parmesan and Gruyere cheese, and let cool a bit. Ten minutes before serving set in a rather hot moderate oven and bake till hot and surface is delicately golden colored. Care must be taken that the mixture does not boil, else the eggs will curdle and the cheese lose its flavor. Send soup to the table in casserole.

BEEF FILLET BRAISED

Order a four-pound fillet cut from the thickest part of a loin of beef. Remove skin and most of the fat. Insert over top, in rows, numerous thin lardoons of larding pork. Tie firmly in shape with twine. Heat the braising pot over a brisk fire, add a tablespoonful of clarified butter and oil, and saute the fillet until evenly browned on all sides, turning over as needed. Remove the pot to a slower fire, and lift out the fillet. Arrange at bottom of pan a layer of lard pork trimmings, slices of carrots and onions, and cook until slightly amber colored. Arrange the fillet over this, dredge with salt and pepper, add two cloves and a few peppercorns. Cover with greased paper, and bake in a slow moderate oven until tender, or from two to three hours. Baste occasionally with liquor in pan and turn over as needed.

Reserve the fillet freed of twine to a hot serving dish, and reserve hot. Add to liquor in pan one and one-half cupfuls Espagnole or brown sauce, stir and simmer a few minutes, strain it into a small saucepan, reheat, and simmer two minutes, skimming off the fat on top. Add to the sauce some canned mushroom buttons cut in two, lengthwise, then simmer two minutes longer. Send the sauce in a boat, and arrange around the fillet some stuffed tomatoes.

OCTOBER

TUESDAY

BREAKFAST

Sliced Oranges and Cocomanut ‡
 Creamed Eggs on Toast *
 Marmalade ‡

Milk ‡

Coffee *

DINNER

Asparagus Soup ‡
 Salted Nuts ‡ Smothered Chicken * Green Olives ‡
 Potato Bouchées ‡ Eggplant Atlantic ‡
 Holland Salad ‡
 Pears with Raspberry Puree ‡
 Tea * Coffee *

SUPPER

Oysters in Ramekins *
 Cheese Biscuits * ‡
 Raisin Puff ‡ *
 Coffee *

CREAMED EGGS ON TOAST

Two cupfuls of milk, two tablespoonfuls of flour, two tablespoonfuls of butter, salt, four eggs, six slices of crisp toast. Make a cream sauce of the milk, butter and flour and when thickened break in the eggs one at a time, stirring constantly to keep the mixture smooth. Cook two or three minutes, spread on toast and serve at once.

SMOTHERED CHICKEN

Split a young roasting chicken down the back and lay it, breast up, in a baking pan or a casserole. Spread with a layer of butter, pepper and salt, and pour over it a cupful of boiling water. Cover closely, and cook in the oven about an hour. If nearly tender, pour over it one cupful of thick, hot cream and two cupfuls of fresh mushrooms; cover again, and cook from fifteen to twenty minutes longer. Place the chicken on a hot platter, stir the gravy well, and, if necessary, thicken it with a little more flour, pour over the chicken and serve. Oysters can be substituted for the mushrooms.

POTATO BOUCHEES

One cupful of hot mashed potato, two tablespoonfuls of hot milk, beaten yolk of egg, one tablespoonful of butter, three tablespoonfuls of cheese broken in bits, onion salt, salt and pepper, a few grains of cayenne.

Mix all the ingredients together. Season to taste and beat until light. Wash and drain tender cabbage leaves or the large outside leaves of lettuce. Put one spoonful of the potato mixture in each leaf; wrap the leaf around it, and fasten with a wooden toothpick. Steam for twenty minutes. Remove the toothpick and serve. The above will make eight or nine bouchées.

HOLLAND SALAD

A relish that is different. An inexpensive salad, delicious and healthful, one that is sure to please.

Two tart apples, one cupful of chopped celery, one cupful of chopped lettuce, one-half cupful of chopped walnuts, one package fresh cottage cheese, one teaspoonful of fresh butter, one teaspoonful of French mustard, one-half dozen small sweet peppers.

Peel and cut apples in dice. Mix with celery, lettuce, walnuts and salad dressing. Cut peppers in half, remove seeds and fill with the celery mixture mixed with the rest of the ingredients. Serve on crisp lettuce leaf.

OYSTERS IN RAMEKINS

Cut round slices of bread to fit your ramekin dishes, the slices not more than a quarter of an inch thick. Toast and butter the slices and lay them in the dishes. Pour over them a little of the oyster liquor to moisten, but not make too soft. Dip oysters in melted butter seasoned with salt, pepper and lemon juice, and lay in each ramekin as many oysters as they will hold. Cover with a thin layer of cream sauce and buttered crumbs, place in a pan in the oven and bake until the crumbs are nicely browned, about twenty minutes. Serve at once.

OCTOBER

HALLOWEEN

A HALLOWEEN SUPPER

Some merry, friendly countra folks
 Together did convene,
 To burn their nuts, an' pluck their stocks
 An' hand their hollowe'en.

—[Burns.

"Buttered Sowens" *

Belgian Hare, Sour Cream *

Hot Pocketbook Rolls *

Bow-kail Salad ‡

Brownie Cake, Halloween Jelly ‡ *

Roasted Chestnuts ‡

Apples ‡

Coffee *

BUTTERED SOWENS

Oatmeal made into mush and eaten with butter and sugar. The Scotch always have this for their Halloween supper.

BELGIAN HARE, SOUR CREAM

Disjoint and cut a rabbit into pieces. Wipe meat, and let stand overnight in the following marinate, with the liver added:

To one cupful of mild vinegar, add two pints of water. Add one and one-half teaspoonfuls of salt, a tablespoonful of sugar, one-half teaspoonful of black pepper, a few sprigs of parsley and one of sweet thyme, a bay leaf, a crushed onion, three cloves, and a stick of celery. Drain meat and wipe between towels. Bring the marinate to a boil and strain.

In a thick iron frying pan simmer for ten minutes in two tablespoonfuls of bacon dripping twelve small onions or two thinly-sliced onions; then remove onions and reserve. Fry six slices of bacon in pan set over a good fire, until nearly crisp; then remove and reserve. Add to the pan if needed, enough bacon dripping to have about one-fifth cupful of dripping. Set over a good fire, and put in the rabbit, previously dredged with salt and pepper and rolled in flour. Saute, turning over as needed, until evenly browned. Then, stirring with a wooden spoon, add the hot marinate, stir until boiling, turn it into a porcelain-lined kettle, add the bacon and onions and cover. Set the pot on the back of the stove with an extra lid under it, so that the onions will not scorch at the bottom, and simmer very slowly until tender, twenty minutes before done, adding the liver.

HOT POCKETBOOK ROLLS

One pint of sweet milk, brought to boiling point, to which, add one tablespoonful of sugar, half teaspoonful of salt and butter the size of an egg; let cool until luke warm, then add half-cake of yeast, two eggs and a quart of flour. Let the dough rise in a warm place until very light, then put down with the hand and let rise again; roll out to about five-eighths of an inch thick, cut in four-inch circles, brush with melted butter and fold over; let rise on tins, bake until a delicate brown, then while warm go over the surface with melted butter to make the crust tender.

BOW-KAIL SALAD

Put one-half cupful of vinegar and one tablespoonful of butter to heat in a double boiler. Beat the yolk of one egg, one spoonful of flour and one of sugar together, add two tablespoonfuls of sour cream and cook in the vinegar until smooth. Just before it boils, stir in the well beaten white and pour immediately over your cabbage or "bow-kail," which has been shredded and salted.

BROWNIE CAKE

One cupful of sugar, one-half cupful of butter, one-half cupful of sweet milk, two eggs, one teaspoonful of vanilla, one cupful and a half of flour, sifted with one teaspoonful of baking powder. Set one square of chocolate on a kettle of boiling water and let it melt. After melting, mix one-half cupful of sweet milk slowly in the chocolate, add half cupful of sugar. Pour into batter, mix thoroughly, and bake in layers. Put together with the following filling:

Filling: Four ounces chocolate melted, add one-half cupful of cream, two tablespoonfuls of butter and one cupful of sugar; boil until it forms a very soft ball when dropped in cold water, then add one cupful of finely chopped nuts. Spread this very thick between layers. Ice with plain chocolate icing, which you have reserved, before adding the nuts, and decorate with unbroken halves of English walnuts.

NOVEMBER

MONDAY

BREAKFAST

Waffles *	Melon ‡	Bacon *
Milk ‡		Coffee *

LUNCHEON

Lamb's Feet, White Sauce *	
Chiffonade Salad ‡ *	
Biscuits *	
Pineapple Sherbet ‡	
Milk ‡	Tea *

DINNER

Okra Soup ‡	
Radishes ‡	
Rabbit en Matelote *	
Boiled Cauliflower Mashed Potatoes ‡	
Artichokes Salad ‡	
Orange Flower Ice Cream ‡	
Milk ‡	Coffee *

LAMB'S FEET, WHITE SAUCE

One pint of broth, twelve lamb's feet, the juice of one lemon, the yolk of one egg, one tablespoonful of butter.

Clean the feet well and boil; take out all the bones, cut the meat into little pieces of about two inches or less, season nicely and cook in a pint of their own water over a slow fire. Add the juice of a lemon and then put in the beaten yolk of an egg to bind nicely, and serve hot.

CHIFFONADE SALAD

One cupful of chopped celery, one-half cupful of peas, one-half cupful of green beans, one-half cupful of cooked beets, two level tablespoonfuls of chopped pimientos, one level tablespoonful of chopped green pepper, one hard cooked egg, diced, one level tablespoonful of chopped chives, one and one-half level teaspoonfuls of salt.

Mix the ingredients and serve on head lettuce with mayonnaise.

PINEAPPLE SHERBET

One can of grated pineapple, one quart of water, two cups of sugar, the juice of one lemon.

Peel and slice and pound the pineapple to a pulp. Then rub through a strainer. Put the sugar and water to boil for five minutes. Then set away to cool. Extract the juice from the lemon and mix this with the syrup, and the pineapple and juice and then strain all through a thin muslin cloth. Turn into the freezer and proceed as in ice cream. This sherbet is also made by using, instead of the pineapple, fruit and juice, two tablespoonfuls of pineapple extract.

RABBIT EN MATELOTE

A pair of rabbits, two tablespoonfuls of lard or butter, two tablespoonfuls of flour, six fresh, large tomatoes or a half can, one large onion, chopped fine, three sprigs each of thyme, sweet marjoram, parsley and bay leaf. The juice of one lemon, one quart of water or consommé, salt and pepper to taste, a dash of cayenne.

Wash and cut the rabbit into pieces at the joints. Put the lard or butter into a deep stewpan or kettle. When hot, add gradually two tablespoonfuls of flour, stirring constantly to prevent burning. Put in about ten or twelve well mashed allspice and three sprigs each of chopped thyme, parsley, bay leaf and sweet marjoram, and one clove of garlic, and six large fresh tomatoes, chopped fine, or one-half can of tomatoes. Pour in about one quart of water, and let it boil well. Then add salt and cayenne to taste, and, when this has boiled about five minutes, add the rabbit, putting in piece by piece. Add the juice of a lemon, and let all boil about ten minutes. Serve with mashed potatoes.

ORANGE FLOWER ICE CREAM

One quart of cream, three-quarters pound of sugar, one ounce of candied orange flowers, the yolks of three eggs.

Bruise the orange flowers, and mix and stir them with the boiling milk. Then take from the fire, and add the sugar, and dissolve well, and then the beaten yolks of the eggs, mix well. Freeze.

NOVEMBER

TUESDAY

BREAKFASTSliced Oranges ‡
Baked Eggs *Toast *
Milk ‡Jam ‡
Coffee ***LUNCHEON**Risotto, Italian ‡ *
Artichoke Mayonnaise ‡
Sliced Peaches and Cream ‡
Raisin Hermits * ‡

Milk ‡

Tea *

DINNERRussian Beet Soup *
Olives ‡
Sand Dabs, Monterey *
Corn and Green Peppers Saute * ‡
Chip Potatoes ‡
Cucumber and Tomato Salad ‡
Grape Tarts ‡ *

Milk ‡

Coffee *

BAKED EGGS

Butter shirred egg dishes and cover with bread crumbs, break two eggs into each dish, cover with buttered bread crumbs and bake in the oven five minutes.

RISOTTO, ITALIAN

Melt five tablespoonfuls of butter in a large saucepan, add one chopped onion, cook until brown, skim out the onion and add two cupfuls of washed rice and half a cupful of strained orange juice; stir and cook until nearly dry, add four cupfuls of soup stock and boil hard eighteen minutes. Remove from the fire and stir in two tablespoonfuls of butter, three tablespoonfuls of grated Parmesan cheese, one cupful of chopped boiled ham, and half a cupful of meat gravy. Serve hot and sprinkle with chopped parsley.

RAISIN HERMITS

Beat one-third of a cupful of butter to a cream and beat into it slowly one cupful of brown sugar, beat until light and creamy; beat in two well-beaten eggs and beat well. Sift two and a half cupfuls of sifted flour with half a teaspoonful of salt, one-quarter of a teaspoonful of soda, one teaspoonful of baking powder, one teaspoonful of nutmeg, half a teaspoonful of cloves, and one teaspoonful of cinnamon; add to the first mixture with one cupful of seedless raisins and half a cupful of blanched and chopped almonds. Work to a smooth dough, set on the ice for two hours, roll out, cut with a cookie cutter, place on a polished baking sheet and bake in a moderate oven.

RUSSIAN BEET SOUP

Place in an iron pot one pound of fat brisket of beef cut in six pieces, one peeled and thickly sliced beet, and half a pound of onions peeled and sliced, cover with seven cupfuls of cold water, bring slowly to a boil and simmer for two hours; add half a cupful of sugar and the strained juice of two lemons and simmer one hour. Season with salt and paprika and serve hot. This is a sweet and sour soup.

GRAPE TARTS

Peel and remove the seeds from three cups of Tokay grapes and set in the ice box to chill. Place in a saucepan two cupfuls of water and cupful of sugar, bring to a boil and boil five minutes. Add two tablespoonfuls of granulated gelatine softened in half a cupful of cold water; stir until the gelatine is dissolved, add the grated rind of one lemon and the strained juice of three lemons; let stand five minutes, strain. Three quarters fill twelve baked tartlet shells with the grapes, fill with the jelly and set on the ice to harden. Nice when topped with a spoonful of whipped cream.

NOVEMBER

WEDNESDAY

BREAKFAST

Grapefruit ‡
 Cheese Omelet *
 Muffins *
 Milk ‡
 Jam ‡
 Coffee *

LUNCHEON

Fricassee of Veal *
 String Bean Salad ‡
 Pineapple Meringue ‡ *
 Milk ‡
 Tea *

DINNER

Cream of Onion Soup ‡ *
 Chow Chow ‡
 Ham with Gravy and Rice Balls *
 Colorado Salad ‡
 Strawberry Mold ‡
 Milk ‡
 Coffee *

FRICASSEE OF VEAL

Two pounds of veal, two tablespoonfuls finely cut onion, two tablespoonfuls finely cut parsley, two tablespoonfuls flour, one teaspoonful salt, two tablespoonfuls lemon juice, paprika.

Wash the veal; put on with three cupfuls of boiling water; bring to a boil quickly and add onion; keep adding water as it boils away. When meat is tender; add salt, pepper and flour, which has been mixed with cold water; boil five minutes; add lemon juice and garnish with slices of lemon.

PINEAPPLE MERINGUE

One cupful grated pineapple, one and one-half cupfuls water, one-half cupful sugar, one teaspoonful lemon juice, two tablespoonfuls cornstarch, a few grains of salt, two eggs.

Put the water on to boil; add the cornstarch, sugar, yolks of eggs, which have been mixed together. Boil for five minutes; add the grated pineapple and lemon. Set aside to cool.

Line pie tin with crust and bake same as for lemon meringue pie; pour in pineapple mixture. Beat whites of eggs until dry and add two tablespoonfuls granulated sugar; beat until mixed and spread over the pie. Rough top with fork and dust liberally with pulverized sugar. Put in oven to dry. The oven must not be very hot. If it is, the meringue will dry on top and get watery on the bottom.

HAM, GRAVY AND RICE BALLS

Fry slices of ham quickly in very little fat; keep turning all the time; when done remove from pan. Take pan from fire and add one or two tablespoonfuls of flour, or as much as the fat will absorb. It must be smooth before it is returned to the fire; then add cold rice stock, boil slowly until smooth and thick. If one tablespoonful of flour is used one cupful of rice stock is enough. Add seasoning to taste; pour on platter, place ham in center and the rice balls around the edge.

Two cupfuls rice, two teaspoonfuls salt, one-half teaspoonful grated nutmeg, two eggs, two tablespoonfuls milk, breadcrumbs.

Wash and boil the rice as usual, but do not blanch. Beat one egg with one tablespoonful milk, and add to the rice; add salt and nutmeg, mix well, take a spoonful into floured hands and roll. The mixture must be warm when rolling; after all are rolled in floured hands set aside until cold and firm, beat one egg with one tablespoonful milk until well mixed, roll the rice in the egg, then in the breadcrumbs. Fry in hot fat until brown; serve around ham.

STRAWBERRY MOLD

Two and one-half cupfuls milk, one-half of a cup cornstarch, three-quarters of a cup of sugar, one teaspoonful of vanilla, one cupful strawberries.

Put two cupfuls of milk on to boil. Mix the cornstarch and one-half cupful of milk together; add the salt and one-quarter cupful sugar; mix well and bring to the boiling point and boil ten minutes; add vanilla.

Rinse four custard cups with cold water, pour in the cornstarch and set in a cold place for two or three hours. Or you can prepare it in the morning for the evening meal. Turn out on saucedish.

Wash, hull and mash the strawberries with one-half of a cupful of sugar and pour around the cornstarch. Put one large berry on top and serve.

NOVEMBER

THURSDAY

BREAKFAST

Melon †
Ham Omelet *

Toast *
Milk †

Jam †
Coffee *

LUNCHEON

Chicken Curried *
Stuffed Tomato Salad †
Peach Tapioca †

Milk †

Tea *

DINNER

Soup a la Nivernaise * †
Chow Chow †
Braised Beef with Oysters *
Mint Peas † Baked Potatoes †
Romaine Salad †
Cherry Pudding † *
Milk † Coffee *

CURRIED CHICKEN

Cook one tablespoonful of butter with one slice of onion, one-fourth of an apple, sliced, one tablespoonful of grated cocoanut or minced almonds, a little salt and paprika and one teaspoonful of curry powder dissolved in a little water. When required, cook one tablespoonful of butter with one teaspoonful of flour, add one-half cupful of chicken stock or gravy and one cupful of diced chicken mixed with one-half cupful of cream. Add the curry mixture and serve in ramekins.

PEACH TAPIOCA

One-third cupful quick-cooking tapioca, one-half cupful cold water, one cupful boiling water, one-fourth level teaspoonful salt, one-third cupful sugar, two cupfuls peeled, diced peaches, canned or fresh, one teaspoonful vanilla.

Soak the tapioca in the cold water for five minutes. Add the boiling water and salt and cook in a double boiler for twenty-five minutes. Add the sugar and peaches and cook for fifteen minutes more. Add the vanilla and serve very cold with whipped cream.

SOUP A LA NIVERNAISE

Fry brown in butter one-half cupful each of carrots and turnips cut into dice. Cover with beef stock, simmer until the vegetables are done, then add enough stock to make the desired quantity of soup. Just before serving add to the soup half a cupful of cooked Brussels sprouts or asparagus tips and a few small soup balls made of chicken force meat.

BRAISED BEEF WITH OYSTERS

Two pounds of round steak, one cupful of oysters, one cupful of water or stock, one dash of mace, one clove, some allspice, two teaspoonfuls of butter, two tablespoonfuls of flour, one-third teaspoonful of white pepper, one and one-half teaspoonfuls of salt, a pinch of summer savory, and one-half onion grated. The beef must be in one solid piece. Mix the salt, pepper and summer savory with the onion; rub the beef well with it on both sides; lay in the kettle with the water, spices and half of the butter, rubbed with half of the flour. Cover closely and simmer gently until the beef is tender, which will take from two to three hours, or if the beef is tough, possibly a little more. When tender heat the frying pan very hot, melt in it part of the remaining butter; lay the beef in the butter, turn once, frying until the outside is browned. Be careful not to harden it. After placing the beef on a hot platter, fry the oysters in the same pan. Lay the fried oysters on the beef and keep all warm. Strain the gravy, left from stewing the beef, into the frying pan (there should be about one pint; add oyster liquor and water or soup to make up the quantity, if it is scant,) mix the rest of the flour until smooth with a few drops of cold water; stir it into the boiling gravy and boil for five minutes; longer if not quite thick enough. Pour around the beef and serve hot.

NOVEMBER

FRIDAY

BREAKFAST

Stewed Prunes *
 Corned Beef Hash with Poached Egg *
 Toast * Jam ‡
 Milk ‡ Coffee *

LUNCHEON

Sunland Egg Salad *
 Poppy Seed Rolls *
 Moana Pineapple ‡
 Orange Cookies *
 Milk ‡ Tea *

DINNER

Clam Chowder *
 Ripe Olives ‡
 Broiled Fresh Mackerel Maitre d'Hotel *
 Chip Potatoes ‡ Cole Slaw ‡
 Butterscotch Pie *
 Milk ‡ Coffee *

SUNLAND SALAD

For six portions mix eight diced hard-boiled eggs with one cup of peeled and diced celery, one cup of peeled and diced cucumber, two tablespoons of capers, half of a chopped green pepper, one chopped pimento, and half a cup of French dressing; drain out on six lettuce-covered plates, mask with mayonnaise and garnish with finely chopped parsley, ripe olives and slices of tomato.

MOANA PINEAPPLE

Mix two cups of diced pineapple with one and a half cups of marshmallows cut in even-sized dice, two-thirds of a cup of cocoanut, one peeled and diced orange, six tablespoons of sugar, and half a cup of blanched and chopped almonds. Divide into six chilled-glass cups and set in the ice box until wanted. Before serving place a tablespoon of whipped cream on each portion and garnish with half of a cherry. The whipped cream can be omitted if not liked.

ORANGE COOKIES

Beat one cup of butter to a light cream; continue beating and beat in slowly two cups of sifted sugar and beat light; beat in three well-beaten eggs, the grated rind of half an orange and two teaspoons of orange extract. Work to a smooth dough with two and a half cups of sifted flour sifted with two-thirds of a teaspoon of baking soda. Set the dough in the ice box for four hours. Roll out thin, cut with a small cutter, place on an oil-polished baking sheet and bake nine minutes in a moderate oven. Cool and store in a jar. These will be better the day after baking.

BUTTERSCOTCH PIE

Place in the top of a double boiler one and a half cups of brown sugar and three tablespoons of butter; stir over the fire until well mixed; place the top of the double boiler over the hot water bath, add one cup of milk and stir and cook until the sugar is dissolved. Beat the yolks of three eggs with two tablespoons of water and four tablespoons of flour until smooth; add three-quarters of a cup of water and a few grains of salt; mix well and stir into the sugar mixture and stir and cook until thick and smooth. Pour into a baked pie shell, cover with a meringue made with the whites of three eggs and nine tablespoons of sugar, and brown in a slow oven.

NOVEMBER

SATURDAY

BREAKFAST

Cassaba †
 Scrambled Eggs with Croutons *
 Toast *
 Milk †
 Jam †
 Coffee *

LUNCHEON

Spaghetti Milanaise *
 Lettuce and Tomato Salad †
 French Rolls *
 Peach Shortcake * †
 Milk †
 Tea *

DINNER

Puree of Green Peas †
 Olives †
 Roast Loin of Pork *
 Lima Beans †
 Baked Sweet Potatoes †
 Fruit Salad †
 Brick Ice Cream †
 Honey Shortbread *
 Milk †
 Coffee *

EGGS AUX CROUTONS

Rub a frying pan with a clove of garlic crushed. Remove the garlic, pour into the pan four tablespoonfuls of olive oil and two tablespoonfuls of melted butter, heat and add one finely chopped onion, stir and cook three minutes, remove the onion and add half a cupful of stale bread cut in small dice; stir and cook until golden brown, do not burn. Remove the croutons and keep hot. Heat two tablespoonfuls of butter in an omelet pan, add six slightly beaten eggs and stir and cook until nearly set; add two tablespoonfuls of cream, a seasoning of salt and paprika, and the croutons. Stir and cook until the eggs are soft, not hard. Turn on to a platter and garnish with six strips of broiled bacon.

SPAGHETTI, MILANAISE

Boil half a pound of spaghetti in boiling water for five minutes, add a teaspoonful of salt and boil until tender; drain, place in a deep saucepan, add one cupful of chopped boiled ham, one can of French mushrooms cut in slices, a seasoning of salt and pepper and one small can of Italian tomato paste. Simmer five minutes, turn out on a hot platter and sprinkle with grated Parmesan cheese.

PEACH SHORTCAKE

Cover three cupfuls of sliced peaches with half a cupful of sugar and let stand thirty minutes. Sift two and a half cupfuls of sifted flour with one tablespoonful of sugar, one teaspoonful of salt and five level teaspoonfuls of baking powder; rub into the flour mixture three tablespoonfuls of butter and when like coarse meal mix to a smooth dough with one and a quarter cupfuls of milk. Divide into two even pieces, place in two buttered layer cake tins, pat out smooth, brush with melted butter and bake in a hot oven fifteen minutes. Spread half of the prepared peaches over one layer, cover with the other layer, cover with the balance of the peaches and serve with cream or orange custard.

PUREE OF GREEN PEAS

Place in a saucepan three cupfuls of green peas, shelled, add two cupfuls of meat stock, three cupfuls of water, one stalk of celery, one small sliced onion, one sliced turnip, one sprig of mint and half a blade of mace; bring to a boil and simmer until the vegetables are soft; rub through a sieve into a clean saucepan, add one cupful of stock and stir in two teaspoonfuls of butter rubbed to a smooth paste with two teaspoonfuls of flour. Stir and cook ten minutes, season with salt and pepper and serve.

NOVEMBER

SUNDAY

BREAKFAST

Honey Dew Melon †
Parsley Omelet *

Waffles *
Milk †

Honey †
Coffee *

DINNER

Caviare a la Reine *
Celery Curls †
Chicken Saute, Montmartre *
Carrots and Peas †
Browned Sweet Potatoes †
Orange and Apple Salad †
Brick Ice Cream, Butterscotch Sauce †
Milk †

Coffee *

SUPPER

Club Sandwich *
Romaine, Russian Dressing †
Watermelon †
Iced Cocoa †

CAVIARE A LA REINE

Cut six rounds of soft toast and spread with four tablespoonfuls of caviare mixed with the strained juice of one lemon. Finely chop one tablespoonful of onion and place a tiny mound of it in the center of each round. Chop fine two hard boiled eggs and sprinkle over all. Place a round on a small lettuce-covered plate and serve.

CHICKEN SAUTE

Clean and truss a nice, fat pullet weighing about six pounds and tie on the breast two slices of fat ham. Place in a saute pan four tablespoonfuls of butter, two teaspoonfuls of chopped parsley, two chopped cloves of garlic, two tablespoonfuls of chopped onion, one-quarter of a teaspoonful of powdered thyme, one bay leaf, a seasoning of salt and pepper and the prepared chicken. Turn and cook until the chicken is half done, then add two slices of chopped bacon, half of a sliced lemon, and one cupful of cider. Saute until the chicken is tender, lift onto a hot platter and strain the sauce into a clean saucepan, add to the sauce one tablespoonful of flour, stir and cook seven minutes, strain around the chicken and serve.

BUTTERSCOTCH SAUCE

Place in a saucepan one cupful of brown sugar, four tablespoonfuls of butter, one tablespoonful of vinegar, half a cupful of water and a few grains of salt. Stir and cook until a little dropped in cold water will form a soft ball. Beat in one teaspoonful of vanilla extract and half a teaspoonful of lemon extract. Serve hot over slices of brick ice cream.

CLUB SANDWICH

For six servings cut nine slices of bread from a day-old loaf of bread, the long way. Toast, trim off the crusts and cut diagonally, long way. Lay a lettuce leaf on six slices, cover with mayonnaise, cover with sliced tomatoes, cover with lettuce, cover with a slice of toast, cover the second slice of toast with mayonnaise-spread lettuce leaf, cover with slices of cooked chicken or turkey, cover with broiled ham or bacon, cover with a mayonnaise-covered lettuce leaf, cover with a third slice of toast and pin together with tooth picks, garnish with ripe olives and pickles.

ICED COCOA

Mix six tablespoonfuls of cocoa in half a cupful of boiling water until smooth; place in a saucepan, add half a cupful of boiling water and stir and cook until thick. Add half a cupful of mint leaves and two-thirds of a cupful of sugar and cook five minutes. Add four cupfuls of milk and stir and bring to a boil. Strain through a fine sieve or cheesecloth, cool, add one teaspoonful of vanilla and pour into glasses half-filled with fine ice.

NOVEMBER

MONDAY

BREAKFAST

Baked Pears †
 Fried Cornmeal Mush and Bacon *
 Maple Syrup †

Milk †

Coffee *

LUNCHEON

Liver Dumplings *
 Sauerkraut †
 Dutch Apple Cake * †
 Milk †
 Endive Salad †
 Tea *

DINNER

Consomme Russe *
 Olives †
 Creamed Tripe with Peppers *
 Buttered Beets †
 Baked Potatoes †
 Carrot Salad †
 Vienna Cream Cake †
 Milk †
 Coffee *

LIVER DUMPLINGS

Cover half of a good-sized calf's liver with boiling water, let stand for three minutes, drain and dry. Cut the liver in small pieces and put through the fine knife of the meat chopper twice, place in a bowl and mix with two cupfuls of fresh bread crumbs, one clove of finely chopped garlic, half of an onion finely chopped, two beaten eggs, half a teaspoonful of powdered thyme, a bay leaf rubbed to a powder, one-quarter teaspoonful of nutmeg, and a seasoning of salt and pepper. When well mixed drop from a round bowl spoon into boiling salted water and cook twelve minutes. Drain and place on hot platter. Place six tablespoonfuls of butter in a saute pan, add one cupful of bread cut in tiny cubes and fry a nice light brown; pour over the dumplings and sprinkle with finely chopped parsley.

APPLE CAKE

Mix one cupful of scalded milk with one-third of a cupful of butter, one-third of a cupful of sugar, and one-half of a teaspoonful of salt; stir until lukewarm, add one cake of yeast broken in small bits, two unbeaten eggs and enough sifted flour to make a soft dough; beat well, set in a warm place until it is double in bulk; beat well again and let rise. Butter a baking pan and spread the mixture as thinly as possible over the bottom; spread with melted butter; press peeled, cored and sliced apples into the dough in even rows; mix four tablespoonfuls of sugar with half a teaspoonful of cinnamon and three tablespoonfuls of seedless raisins and sprinkle over the apples; cover and let rise thirty minutes and bake in a moderate oven. Cut in squares and serve with or without whipped cream.

CREAMED TRIPE

Cut three pounds of blanched honeycomb tripe in pieces about two inches long and half an inch wide; place in a saute pan, cover with cold water, add one teaspoonful of salt, bring to a boil and cook ten minutes; drain off the water, add two cupfuls of milk, a seasoning of salt and pepper and simmer for thirty minutes. Remove the stems and seeds from five green peppers, cut in small squares, place in a saute pan with five tablespoonfuls of butter and cook until tender; add two cupfuls of cream sauce, boil up and add to the tripe mixture, and cook five minutes.

VIENNA CREAM CAKE

Beat the yolks of six eggs until light and lemon-colored with one cupful of sifted granulated sugar. Sift three-quarters of a cupful of sifted flour with three-quarters of a cupful of finely ground chocolate and add to the yolk mixture; beat well and add the stiffly beaten whites of six eggs and one and a half teaspoonfuls of vanilla. Pour into a deep, well-buttered round pan and bake thirty minutes in a moderate oven. Cool, cut in half and fill with nut cream, and sprinkle the top with powdered sugar.

NUT CREAM

Place in a double boiler one cupful of milk, four tablespoonfuls of sugar, the slightly beaten yolks of two eggs, and two-thirds of a cupful of chopped walnut meats; stir constantly until thick, remove from the fire, add one tablespoonful of orange juice and spread on the cake while hot.

NOVEMBER

TUESDAY

BREAKFAST

Prunes *
Poached Eggs on Toast *
Hot Cakes * Syrup ‡
Milk ‡ Coffee *

LUNCHEON

Kidney Saute *
Lettuce and Grape Fruit Salad ‡
Crescent Rolls *
Chocolate Eclairs ‡ *
Milk ‡ Tea *

DINNER

Potage Martha *
Celery ‡
Lamb Steak, Bercy * Parsley Potatoes ‡
Cauliflower ‡ Apple, Salad Mayonnaise ‡
Milk ‡ Mocha Bavarian Cream ‡ *
Coffee *

KIDNEY SAUTE

Remove the fat, split and remove the white center from eighteen lamb kidneys; cover with cold salted water and let stand one hour. Heat two tablespoons of butter in a saute pan, add two tablespoons of chopped onion and the kidneys drained, dried, and cut in half-inch pieces; saute for five minutes, add one tablespoon of flour and cook one minute; add half a cup of boiling water, one teaspoon of Worcestershire sauce, and a seasoning of salt and pepper and cook five minutes, no longer, as long cooking will toughen the kidneys. Serve on squares of toast on a hot platter.

CHOCOLATE CREAM

Melt one square of chocolate in the top of a double boiler, add one cup of milk, three tablespoons of flour mixed with one tablespoon of sugar, a pinch of salt, and one quarter of a teaspoon of cinnamon; stir until thick and creamy, add one well-beaten egg white and stir and cook one minute. Cool and add one-third of a cup of butter beaten to a cream with one cup of confectioner's XXXX sugar and one teaspoon of vanilla extract. Beat smooth and use.

LAMB STEAK, BERCY

Have the butcher cut a lamb steak crosswise from a leg of lamb, have the steak about one inch thick. Season with salt and pepper and parboil in a frying pan in hot butter. Beat half a cup of butter to a cream and mix with it three finely-chopped young green onions or shallots, one clove of garlic mashed fine, two teaspoons of chopped chives, and two teaspoons of finely chopped parsley. Lay the cooked lamb steak in an earthenware baking dish, spread over the butter mixture and place in a hot oven for two minutes. Serve in the dish.

MOCHA BAVARIAN CREAM

Cover two tablespoons of granulated gelatine with one-third of a cup of cold water and let stand ten minutes. Add half a cup of boiling water and stir until the gelatine is dissolved, add one and a half cups of strong black coffee infusion and four tablespoons of sugar; stir slowly until it starts to stiffen then beat until it will hold its shape; beat in two cups of stiffly whipped cream and one teaspoon of vanilla. Pour into a wet mold and set in the ice box until firm. Unmold on a cold platter and serve with whipped cream.

NOVEMBER

WEDNESDAY

BREAKFAST

Grapes ‡
Egg Timbales *
Rice Gems *
Milk ‡
Jelly ‡
Coffee *

LUNCHEON

Sweetbreads a la Bearnaise *
Celery and Apple Salad ‡
Italian Sherbet ‡
Milk ‡
Tea *

DINNER

Spaghetti Soup *
Sweet Pickles ‡
Baked Halibut *
Peppers Stuffed with Corn * ‡
Cucumber Salad ‡
Lemon Rice Pudding *
Milk ‡
Coffee *

SWEETBREADS A LA BEARNAISE

Blanch one pound of sweetbreads by soaking first in warm water and then in ice water for half an hour, cut in pieces and place in a saucepan with two tablespoonfuls of butter, salt and pepper; brown on both sides and simmer slowly until tender. In another saucepan boil one-fourth of a cup of tarragon vinegar with one teaspoonful of chopped shallot, two bay leaves, one-half teaspoonful of onion juice, six whole peppers and a grating of nutmeg, and reduce one-half. Place the saucepan on the corner of the range and add, while stirring, a little butter and the yolks of three eggs. Put this in a double boiler and add, little by little, always stirring, two tablespoonfuls of butter till the sauce is thick; then put in the sweetbreads, and when hot serve on toast.

CELERY AND APPLE SALAD

One cupful of diced apples, two tablespoonfuls of lemon juice, one cupful of chopped celery, one-half cupful of nut meats, one-half cupful of diced pineapple, two-thirds of a cupful of cream salad dressing, four pieces of lettuce.

Mix the apples, lemon juice, celery, nuts and pineapple. Add the salad dressing and arrange portions of the salad on the lettuce leaves.

ITALIAN SHERBET

Make a syrup of four cups of sugar and one cupful of water. When cool, add one-half cupful of lemon juice, one cupful of orange juice, and one quart of peach pulp (or any other fruit will do;) mix and rub through a sieve.

Pour in a mold, and pack in ice and salt until frozen—from two to three hours.

SPAGHETTI SOUP

Boil two pounds of beef, cut as for beef tea, and a slice of ham, in two quarts of water. When it has cooked for two hours, add one cupful of white beans, previously boiled, two sliced onions, four chopped Spanish red peppers, one-half lemon sliced. Simmer all together until everything is soft, then mash through a colander. Add salt and one-half pound of spaghetti, and thicken with one tablespoonful of butter well mixed with one-half tablespoonful of flour. Simmer until the spaghetti is tender, then serve.

BAKED HALIBUT

Put slices of halibut into a baking dish; add a little white grapejuice and water, small pieces of butter and salt and a very little cayenne. Place in the oven and bake in a fireproof baking dish. For the sauce, blanch some finely chopped young onions, put them in a saucepan with an equal amount of shrimps, add white grape juice, salt and cayenne, a tablespoonful of Worcestershire sauce and a lemon cut in thin slices. Cook gently for ten minutes, then add a tablespoonful of butter mixed in a little flour. Bring to a boil, remove from fire and stir in the yolks of two eggs. Pour over the fish, and serve.

NOVEMBER

THURSDAY

BREAKFASTOrange Juice ‡
Poached Eggs *Toast *
Milk ‡Jam ‡
Coffee ***LUNCHEON**Fricandelles *
Melon D'Eau Salad ‡
Keswick Pudding *

Milk ‡

Tea *

DINNERCorn Mock Bisque Soup *
Sweet Pickles ‡
Pigeons Chamberlin *
Quinnox Pepper ‡
Candied Sweet Potatoes ‡
Piquante Salad ‡
Normandy Ice Cream ‡

Milk ‡

Coffee *

FRICANDELLES

Have the butcher chop very fine one-half pound each of pork and beef. To this add one medium-sized onion, chopped fine, two slices of bread that have been soaked in cold water and squeezed dry in the hands, one egg and one-half saltspoonful each of pepper and salt. Mix all together thoroughly, shape into small cakes, dip in egg and cracker crumbs and fry in hot olive oil.

KESWICK PUDDING

Three-quarters cup sugar, one cup boiling water, yolks three eggs, one quarter cup sugar, few grains salt, soak one and one-quarter tablespoons granulated gelatine in one-quarter cup of cold water, one-quarter cup lemon juice. Dissolve sugar in water and bring to the boiling point. Beat yolks of eggs slightly and add sugar and salt. Pour on gradually the boiling syrup and cook, stirring constantly, until mixture thickens; then add gelatine soaked in cold water, and lemon juice. Strain, set in ice water and stir until mixture begins to thicken. Turn into a mould, first dipped in cold water, and freeze. Remove from mould and garnish with whipped cream, sweetened and flavored with vanilla.

CORN MOCK BISQUE SOUP

One can corn, one quart milk, one slice onion, three tablespoons flour, one-quarter cup cold water, one-half can tomatoes, one quarter teaspoonful soda, one-third cup butter, two teaspoons salt, one-eighth teaspoonful pepper, one-eighth teaspoon paprika.

Scald milk in double boiler with corn and onion. Mix flour with cold water to form a smooth paste and add to scalded milk; then cook twenty minutes, stirring constantly at first and afterwards occasionally, and rub through a sieve. Cook tomatoes ten minutes, add soda and rub through a sieve. Combine mixture and strain into a tureen. Add butter bit by bit and seasonings.

PIGEONS CHAMBERLIN

Put two tablespoonfuls of butter in a saucepan, let it get smoking hot and then put in one-half dozen pigeons carefully cleaned, with head and feet cut off, and tied up in thin slices of salt pork. Brown them, then dust with flour, moving them about until the flour is also browned. Cover with boiling water, season with salt and pepper and simmer gently until tender; then add a pint of shelled green peas and continue to cook until the peas are done. Lay the pigeons in a platter, with the peas heaped around them.

NOVEMBER

FRIDAY

BREAKFAST

Sliced Bananas ‡
 Ham and Eggs *
 Hot Cakes *
 Maple Syrup ‡

Milk ‡

Coffee *

LUNCHEON

Stewed Lambs' Hearts *
 Raw Carrots and Celery Salad ‡
 Apple Dumplings * ‡

Tea *

Milk ‡

DINNER

Puree of Red Beans ‡
 Young Onions ‡
 Baked Rock Cod *
 Caper Sauce ‡
 Baked Tomatoes ‡
 Cucumber and Cress Salad ‡
 Orange Sponge Cake *

Milk ‡

Coffee *

LAMBS' HEARTS

Wash three lamb hearts and carefully slice across the grain. Heat three tablespoonfuls of butter in a saute pan, add the sliced hearts and stir and cook until brown; add enough hot water to cover, season with salt and pepper, add a bay leaf and three slices of lemon. Cover the pan and simmer slowly for one hour, stirring often and adding more water if necessary. When tender remove the hearts to a hot dish, stir into the gravy one tablespoonful of flour mixed to a paste with three tablespoonfuls of water and stir and cook five minutes; pour over the hearts and serve hot.

BAKED ROCK COD

Oil a baking pan and lay in it two pounds of skinned filet of rock cod, pour over four tablespoonfuls of melted butter, a seasoning of salt and pepper, and the juice of half a lemon. Set in the oven and bake fifteen minutes. Melt four tablespoonfuls of butter in a small saucepan, stir in four tablespoonfuls of flour, work smooth and beat in slowly two cupfuls of boiling water, beat smooth, add the juice of half a lemon, a seasoning of salt and pepper, and half a cupful of capers; boil up once. Carefully lift out the cutlets in the pan to the sauce, mix well and pour over the fish. Sprinkle with chopped parsley and serve.

PUREE OF RED BEANS

Cover one cupful of red beans with cold water and let stand overnight. Drain, place in a saucepan, add one sliced onion, two small slices of salt pork, chopped fine, and one finely chopped carrot. Cover and simmer for two hours, rub through a sieve into a clean saucepan, add two tablespoons of orange juice, reheat and serve with croutons.

BAKED TOMATOES

Cut six even sized tomatoes in halves, season each half with salt and pepper; place the halves on a buttered baking sheet, sprinkle with buttered bread crumbs, dot with bits of butter and bake in a hot oven twenty minutes. Serve on rounds of hot buttered toast.

NOVEMBER

SATURDAY

BREAKFAST

Pears and Cream †

Cheese Omelet *

Parker House Rolls *

Marmalade †

Milk †

Coffee *

LUNCHEON

Parisian Pork Tenderloins *

Sliced Tomatoes, Italian Dressing †

Baked Apples with Marshmallow †

Milk †

Tea *

DINNER

Crab Soup a la Maryland *

Salted Almonds †

Pot Roast *

Boiled Carrots †

Baked Potatoes †

Beet Salad †

Walnut Mousse †

Milk †

Coffee *

PARISIAN PORK TENDERLOINS

Remove the small rounds of meat from the under part of the pork ribs and place in the chafing dish, together with a cupful of the brown gravy, a few drops of tabasco sauce, half a cupful of tomato catsup, a pinch each of salt and celery salt, and a small piece of butter; simmer only until the meat is thoroughly heated, then place over the hot water pan, stirring in a cupful of cooked macaroni that has been cut in small pieces; serve very hot on squares of fried hominy, garnished with crisp parsley.

SLICED TOMATOES, ITALIAN DRESSING

One-third cupful of salad oil, two tablespoonfuls of vinegar, two tablespoonfuls of catsup, one level tablespoonful of finely chopped olives, one level tablespoonful of finely chopped sweet pickles, four drops of tabasco sauce, one level teaspoonful of salt, and one-fourth level teaspoonful of paprika.

Mix the ingredients, and beat for three minutes.

BAKED APPLES WITH MARSHMALLOW

Wash and core tart apples and place in an earthenware baking dish with just enough water to cover the bottom. In the center of each apple place a tiny bit of butter and an eighth of a teaspoonful of salt. Cover and bake slowly till thoroughly cooked, adding a little water, if necessary. Before apples are quite done, press into the center of each a marshmallow, replace in the oven; in three minutes remove the cover and let the apples and marshmallow brown carefully. Serve cold with cream.

CRAB SOUP A LA MARYLAND

To one pint of water add one small, finely chopped onion, one blade whole mace, one-half teaspoonful of paprika, two teaspoonfuls of salt, and bring to the boiling point; then add one pint of fresh milk and one pint of fresh crab meat. When the mixture boils, thicken with two tablespoonfuls each of butter and flour. Cook two minutes, and add one-fourth of a cupful of butter, a little at a time, two tablespoonfuls of finely chopped parsley, salt and pepper to taste, and serve unstrained.

WALNUT MOUSSE

Whip four cupfuls of cream until thick. Flavor with a teaspoonful of vanilla. Fold in two cupfuls of walnut meats until all are included. Pack in mold and freeze for three hours. Serve with chocolate sauce.

NOVEMBER

SUNDAY

BREAKFAST

Sliced Oranges †
 Bachelor Omelet *
 Corn Bread * Honey †
 Milk † Coffee *

DINNER

Cream of Cauliflower † *
 Salted Almonds †
 Celery Branches †
 Filet of Beef, Crane *
 Egg Plant † Baked Potato †
 Cress and Chicory Salad †
 Raisin Pie a la Mode * †
 Milk † Coffee *

SUPPER

Crab Louis *
 Ripe Olives †
 Brown Bread Sandwiches *
 Gingerbread * Cider †

BACHELOR OMELET

Work to a cream half a teaspoon of milk and one teaspoon of flour. Beat the yolks of three eggs until creamy, add the flour and milk and beat again. Beat the whites of three eggs until stiff, add the yolk mixture and mix lightly. Melt three tablespoons of butter in a small frying pan, when hot turn in the egg mixture; when this starts to set sprinkle over the top finely chopped boiled ham and parsley; set in the oven three minutes; fold and turn onto a hot platter; garnish with parsley and slices of broiled ham.

CORN BREAD

Sift one cup of corn meal with one cup of sifted flour, four level teaspoons of baking powder, two tablespoons of sugar, and half a teaspoon of salt. Add two well-beaten eggs, mix and beat in slowly one cup of milk and one tablespoon of melted butter. Pour into a buttered square baking tin and bake in a medium oven fifteen minutes.

CREAM OF CAULIFLOWER

Boil the white part of a small head of cauliflower in boiling salted water for thirty minutes; drain, cut out six small clusters, and press the balance through a sieve. Pour cold water over the small clusters and lay aside. Melt one tablespoon of butter in a saucepan, add one tablespoon of flour and cook smooth; add four cups of hot milk, the cauliflower puree, and a seasoning of salt and pepper. Stir over a slow fire ten minutes. Place the small pieces of cauliflower in a tureen, pour over the hot soup and serve with croutons.

FILET OF BEEF, CRANE

Trim the fat from a three-pound piece of beef filet and season all over with pepper and salt. Cover the bottom of a small baking pan with half a cup of chopped salt pork, one scraped and sliced small carrot, one peeled and sliced onion, one sliced stalk of celery, two teaspoons of chopped parsley, one sliced leek, one chopped clove of garlic, one crushed bay leaf, twelve whole pepper corns, one whole clove and one-quarter of a teaspoon of powdered thyme. Lay on these the seasoned filet of beef, spread with two tablespoons of melted butter, add two tablespoons of water to the pan and bake in a moderate oven forty minutes, turning and basting once. Place the filet on a hot plate and set in a warm place. Skim the fat from the gravy, add half a cup of strained orange juice, reduce one-half; strain over eight sliced canned mushrooms, heat, pour over the filet and serve.

CRAB LOUIS

Remove the meat from a large cold boiled California crab. Mix one-third of a cup of mayonnaise with two-thirds of a cup of chili sauce, one tablespoon of chopped English chow-chow, one teaspoon of Worcestershire sauce, one teaspoon of tarragon vinegar, one finely chopped young onion and two teaspoons of chopped parsley. Cover a cold platter with shredded lettuce, over the lettuce arrange the crab meat, and over all pour the sauce. Garnish with ripe olives and lemon slices.

NOVEMBER

MONDAY

BREAKFAST

Baked Apples ‡
Hominy Grits and Cream *
Poached Eggs on Toast *

Milk ‡

Coffee *

LUNCHEON

Kidney Saute, Armstrong *
Baked Potato ‡
Orange Salad ‡
Lord Baltimore Cake *

Milk ‡

Tea *

DINNER

Fresh Crab Cocktail *
Baked Pork Spare Ribs, Soubise *
Lima Beans ‡
Browned Sweet Potatoes ‡
Hearts of Lettuce, French Dressing ‡
Ginger Pudding *

Milk ‡

Coffee *

KIDNEY SAUTE, ARMSTRONG

Remove the skin from two fresh veal kidneys and cut in four pieces lengthwise; carefully remove the fat and gristle from the center and slice crosswise in slices one-eighth of an inch thick. Place in a bowl, cover with cold salted water and let stand twenty minutes; drain and dry between clean towels. Place in a bowl and mix with them one tablespoonful of olive oil. Place in a saute pan two tablespoonfuls of butter, heat and add one sliced onion and simmer until the onion is clear; remove the onion reheat the butter and when it is hot, not brown, add the kidneys and shake over a hot fire for three minutes. Place the kidneys on squares of buttered toast on a hot platter. Remove the pan to a slow fire and add one tablespoonful of butter, and two and a half tablespoonfuls of sifted flour and cook, stirring often until brown. Stir in one cupful of consomme or one bouillon cube dissolved in one cup of hot water, half a cupful of strained orange juice, two teaspoonfuls of lemon juice and a seasoning of salt and pepper. Simmer three minutes and strain over the kidneys.

ORANGE SALAD

For each portion peel and remove the white inner skin from one tart orange. Cut in one-quarter inch slices and dredge them in finely chopped walnut meats. Lay the slices on chilled lettuce leaves and pour over two tablespoonfuls of fruit salad dressing.

LORD BALTIMORE CAKE

Beat half a cupful of butter to cream and add gradually one cup of sifted sugar and beat until smooth; add the well-beaten yolks of seven eggs and beat five minutes. Sift one and three-quarter cupfuls of sifted flour with four level teaspoonfuls of baking powder and add to the butter mixture, alternately, with half a cupful of milk and beat until smooth. Bake in three buttered and floured layer cake tins. Remove from the pans, cool, and spread between the layers Lord Baltimore filling; cover the sides and top with ice cream frosting and decorate with candied cherries and leaves of candied citron.

LORD BALTIMORE FILLING

Cook one and a half cupfuls of sugar with half cupful of water until it will spin a thread when a little is dropped from the tip of a spoon. Pour gradually, beating all the time, on to the stiffly beaten whites of two eggs, add half a teaspoonful of vanilla and when it starts to thicken add one cupful of rolled macaroon crumbs, four tablespoonfuls of finely chopped almonds, four tablespoonfuls of finely chopped walnut meats, four tablespoonfuls of finely chopped candied cherries, two tablespoonfuls of orange juice and one teaspoonful of lemon juice.

GINGER PUDDING

Place in a saucepan two cups of cream, three-quarters of a cupful of butter, and three-quarters of a cupful of sugar; heat until it starts to simmer; take to the side of the fire and stir in quickly one and a half cupfuls of sifted flour sifted with half a teaspoonful of salt. Return to the fire and stir for five minutes. Remove from the fire and beat in five eggs, one at a time and beat until well mixed; add one cupful of preserved ginger; pour into a buttered mold and steam one and a half hours. Serve with a custard sauce made with the syrup from the ginger.

NOVEMBER

TUESDAY

BREAKFAST

Baked Bananas †
 Eggs and Mushrooms *
 Rice Gems * Marmalade †
 Milk † Coffee *

LUNCHEON

Baked Rice and Tomato * †
 Potato Salad † Hot Rolls *
 Raisin Souffle, Custard Sauce *
 Tea *

DINNER

Onion Soup †
 Sweet Gherkins †
 Beef Steak Stuffed and Roasted *
 Glazed Sweet Potatoes † Parsnips †
 Tomato and Egg Salad * †
 Pineapple Sponge *

BAKED RICE AND TOMATO

Wash one-half cupful rice and steam in three-fourths cupful stock until it is all absorbed. Cook one-half can tomatoes for twenty minutes with one sliced onion, one sliced carrot, one sprig parsley, one sprig thyme, two cloves, one-fourth tablespoonful peppercorns, one tablespoonful sugar. Rub through strainer and add to rice. Pour into an earthenware dish and bake until the rice absorbs the tomato juice. Brown quickly so as not to toughen rice and serve.

RAISIN SOUFFLE

One cupful seeded raisins, four eggs, one teaspoonful butter, one-quarter teaspoonful salt, one tablespoonful sugar.

Separate the eggs; beat the whites until dry. Wash and dry the raisins and cut in small pieces, put in a saucepan with one-half cupful water and the sugar, boil until the water has evaporated; cool; fold in the whites of the eggs and add the salt. Brush earthen dish with butter, pour in mixture, place in moderate oven fifteen minutes or until firm. Serve with custard sauce.

CUSTARD SAUCE

Put one and one-half cupfuls milk in top of double boiler; beat the yolks of the four eggs with one tablespoonful sugar, pinch of salt and one-quarter teaspoonful vanilla or lemon flavoring, add slowly to the boiling milk, boil one minute. Serve with the souffle.

BEEF STEAK, STUFFED AND ROASTED

Fry in a little butter the following ingredients, and make a force-meat of them and two French rolls, which have been previously soaked in milk; put into frying pan one ounce of butter, a slice of lean ham, finely minced, a bay leaf, a little minced parsley, two shallots, a clove, two blades of mace, and a few mushrooms. Put the rolls into a stew pan after having squeezed out all the milk, and add to them three or four tablespoonfuls of rich stock; then put half a pint of stock to the ingredients in the frying pan, boil for twenty minutes, and strain the liquid onto the rolls in the stew pan, place it over the fire and stir in a little butter; when dry keep still stirring; then add the yolks of two eggs to bind it. Have ready two pounds of rump steak cut thick, season with pepper and salt, and roll it up tight with the above forcemeat carefully inclosed, that it may not drop out. Roast it for one hour and a half basting constantly with butter and serve with brown gravy.

PINEAPPLE SPONGE

One small fresh pineapple or a pint and a half can of the fruit, one small cup of sugar, half a package of granulated gelatine, one cupful and a half of water, the whites of four eggs. Soak the gelatine in a half-cupful of water until dissolved. Chop the pineapple and put it together with the juice, in a saucepan with the sugar and remainder of the water. Simmer ten minutes, add the gelatine, take from the fire immediately and strain into a basin. When partially cooled, add the whites of the eggs and heat until the mixture begins to thicken. Pour into a mold and set it away to harden. Serve with soft custard.

NOVEMBER

WEDNESDAY

BREAKFAST

Waffles * Fresh Pears † Bacon *
 Maple Syrup † Cocoa †
 Milk †

LUNCHEON

Fried Calves' Liver, Piquante *
 Potato Cakes †
 French Rolls *
 Apricot Shortcake * † Tea *
 Milk †

DINNER

Tomato with Rice † *
 Ripe Olives †
 Boiled Short Ribs of Beef *
 Chiappano *
 Buttered Onions †
 Boiled Potatoes †
 Celery and Nut Salad †
 Date Pudding *
 Milk † Coffee *

CALVES' LIVER, PIQUANTE

Slice calves' liver in pieces a quarter of an inch thick, season with salt and pepper, roll in sifted flour and fry lightly in hot butter. Place the liver on a hot dish and pour over the pan gravy. Before the liver is cooked prepare the piquante sauce by placing in a saucepan one chopped onion and two tablespoonfuls of butter; simmer until tender, add half a cupful of vinegar and reduce nearly dry. Add two cupfuls of brown meat gravy and boil fifteen minutes; strain into a clean saucepan, add half a cupful of chopped sour pickles and boil five minutes. Pour the sauce around the cooked liver, sprinkle with finely chopped parsley.

APRICOT SHORTCAKE

Drain the juice from four cupfuls of sliced canned apricots. Sift two cupfuls of sifted flour with half a teaspoonful of salt and four level teaspoonfuls of baking powder; add to these half a cupful of milk, one-third of a cupful of melted butter, and two well-beaten egg whites beat smooth, pour into two small square buttered layer cake tins and bake in a moderate oven. Place in a saucepan half a cupful of sugar and the juice from the drained apricots and boil five minutes. Place a layer of the cake on a serving dish, cover with soft butter, cover with half of the apricots, cover with the other layer, cover with the balance of the apricots and serve with the sauce. Do not put the cake together until just before serving.

SHORT RIBS OF BEEF

Place two pounds of short ribs of beef in a saucepan, add one carrot, one bay leaf, one small onion stuck with two whole cloves, one stalk of celery, four branches of parsley, and four cleaned calf's feet; cover with water and simmer until the meat is tender. Place in a small saucepan one and a half cupfuls of olive oil, one-third of a cupful of strained lemon juice, one clove, and one crushed clove of garlic. Bring to a boil, add two tablespoonfuls of chopped parsley and two beaten egg yolks, and beat one minute, do not boil. Place the beef and calf's feet on a serving dish, place around the boiled and buttered onions and boiled potatoes. Serve the sauce in a separate dish.

DATE PUDDING

Mix one cupful of seeded and chopped dates with half a cupful of bread crumbs, two-thirds of a cupful of chopped walnut meats, one teaspoonful of salt, one cupful of golden "C" or light-brown sugar, and two teaspoonfuls of baking powder; mix well, add two well-beaten eggs and one teaspoonful of vanilla. Pour into a buttered biscuit pan and bake thirty minutes in a slow oven. Cut in squares and serve with cream.

NOVEMBER

THURSDAY

BREAKFAST

Casaba †
 Coddled Eggs *
 Toast *
 Milk †
 Fig Jam †
 Coffee *

LUNCHEON

Pork Salad *
 Whole Wheat Scones *
 Belgian Bananas †
 Milk †
 Tea *

DINNER

Puree of Onions †
 Ripe Olives †
 Boiled Fresh Beef Tongue Piquante *
 Spinach †
 Celery and Walnut Salad †
 Pears Portuguese †
 Tea *
 Coffee *

PORK SALAD

Remove the fat, skin, and bone from cooked young pork and place three cupfuls of the cooked and diced pork in a bowl, add one cupful of lemon French dressing and let stand one hour in a cold place. Drain well, place in a bowl that has been rubbed with a clove of crushed garlic and mix with one cupful of diced celery, one cupful of peeled and diced apples, one tablespoonful of chopped capers, one chopped pimiento, one chopped sweet green pepper, a seasoning of salt and paprika, and two teaspoonfuls of chopped parsley. Mound on lettuce-covered plates and mask with mayonnaise. Garnish with ripe olives.

WHOLE WHEAT SCONES

Sift three cupfuls of 100 per cent wheat flour with one cupful of white flour, six level teaspoonfuls of baking powder, half a teaspoonful of salt, and two teaspoonfuls of sugar. Rub into these six tablespoonfuls of butter and when like coarse meal mix a smooth dough with one and one-half cupfuls of milk. Turn out on a floured board, divide into even-sized pieces, roll out each piece in a round shape one inch thick, cut into four crosswise, place on a baking sheet, brush with beaten egg and bake in a hot oven.

BELGIAN BANANAS

Peel six firm, ripe bananas, split, lay in a glass or earthenware baking dish that has been well buttered, sprinkle with the juice of one lemon, half a cupful of sugar, and two-thirds of a cupful of currant jelly; dot with two tablespoonfuls of butter broken in small bits and bake a nice brown.

PUREE OF ONIONS

Boil two large peeled onions in salted water until tender, drain and chop. Heat three tablespoonfuls of butter in a saucepan, add one chopped small carrot and the onions and cook until the carrot is slightly browned; add two tablespoonfuls of flour, mix well, season with salt and pepper, add four cupfuls of boiling water, in which one teaspoonful of beef extract has been dissolved and stir until thick. Simmer for thirty minutes, rub through a sieve into a clean saucepan, reheat, add one one-half of a cupful of hot cream and serve with croutons.

PEAR PORTUGUESE

Peel, split and core four firm winter pears; place in a saucepan, cover with water and boil thirty minutes; drain, place in a saute pan, add two cupfuls of red grape juice, two tablespoonfuls of sugar, one two-inch stick of cinnamon, a strip of lemon peel, and two-thirds of a cupful of seedless raisins. Let cook slowly until the pears are soft, lift out the pears onto a serving dish, remove the lemon peel and cinnamon from the sauce and pour the sauce over the pears.

NOVEMBER

FRIDAY

BREAKFAST

Casaba Melon †
Scrambled Eggs *

Toast *
Milk †

Jam †
Coffee *

LUNCHEON

Cheese Pilaf with String Beans * †

Pear Salad †

Apricot Gelatin Souffle *

Tea *

DINNER

Oyster Bisque *

Radishes †

Halibut Steaks with Bread Dressing *

Fried Tomatoes † Belgian Potatoes †

Orange Salad †

Peach and Marron Cream †

Coffee *

CHEESE PILAF WITH STRING BEANS

Make a pilaf by cooking in a double boiler one cupful of rice with one and one-half cupfuls of strained tomato and two cupfuls of either brown or chicken stock until tender. Season with salt, pepper, three tablespoonfuls of butter and two-thirds of a cupful of grated cheese. Pack solidly into a buttered ring mold. Set over steam to become thoroughly heated. Turn out on platter and fill center with string beans well buttered and seasoned.

APRICOT GELATIN SOUFFLE

Two level tablespoonfuls granulated gelatin, one-third cupful cold water, one cupful boiling water, one-fourth cupful lemon juice, one-half cupful sugar, one cupful peeled diced apricots (cooked, fresh or canned), two egg whites.

Soak the gelatin in the cold water for five minutes. Add the boiling water and stir until dissolved. Add the lemon juice and sugar. Set in a cold place until the mixture hardens around the edge of the bowl. Beat for three minutes. Add the apricots and the egg whites, stiffly beaten. Beat for five minutes or until the mixture holds its shape.

Pour into a moistened gelatin mold. Set in a very cold place for one hour or more. Unmold and cut in slices.

OYSTER BISQUE

Heat one pint of oysters quickly in their own liquor, bringing them to the boiling point. Drain, reserve liquor and chop oysters. Press them through a sieve. Add milk to the oyster liquor to make two cupfuls. Bind with two tablespoonfuls each of butter and flour, add one cupful of cream, and a seasoning salt, pepper, blade of mace, cayenne and one teaspoonful of chopped parsley. Heat to boiling point, add the pureed oysters and one egg slightly beaten and serve immediately.

HALIBUT STEAK WITH BREAD DRESSING

Have two halibut steaks cut about an inch thick and below the opening in the body of the fish. Mix two cupfuls of fine bread crumbs (taken from the center of a loaf of stale bread by twisting a fork in it) with two teaspoonfuls each of thyme, marjoram and chopped parsley, one teaspoonful of salt, one-fourth teaspoonful of pepper, one-third cupful of melted butter and one-half cupful of hot water. Brush a shallow pan generously with butter, lay in one of the slices of fish and spread it quite thickly with the dressing. Lay the other slice over the dressing and dredge lightly with salt and pepper. Lay very thin slices of fat salt pork criss-cross over the top to make a lattice pattern, and bake in a moderate oven until the fish separates easily from the bone. Serve with drawn butter sauce.

PEACH AND MARRON CREAM

Make a peach ice cream by adding to three cupfuls of medium cream one and one-half cupfuls of peach pulp (obtained by rubbing the peaches, either fresh or canned, through a sieve). Sweeten to taste and flavor with vanilla and almond extracts. If using white peaches, color the cream a delicate pink. Freeze and fold in two-thirds cupful of preserved marrons broken in pieces. Let stand an hour or two to ripen and serve in sherbet glasses.

NOVEMBER

SATURDAY

BREAKFAST

Sliced Peaches and Cream †

Eggs Grecian *

Toast *

Milk †

Rhubarb Conserve †

Coffee *

LUNCHEON

Veal Loaf *

Potato Salad †

Hot Rolls *

Watermelon †

Iced Tea *

DINNER

Cream of Tomato Soup †

Young Onions †

Baked Ham Steak, Knickerbocker *

Fresh Green Peas †

Mashed Potatoes †

Cabbage Salad, Cooked Dressing †

Peach Melba †

Milk †

Coffee *

EGGS GRECIAN

Butter shirring pans, sprinkle each pan with two tablespoonfuls of finely chopped fresh mint, break in two eggs, cover with three tablespoonfuls of thick cream, sprinkle with fried bread crumbs and set in a moderate oven five minutes.

RHUBARB CONSERVE

Wash, peel and cut in dice four pounds of rhubarb, place in a preserving kettle, add five pounds of dry sugar, mix well, add one pound of seeded raisins the grated rind and juice of two oranges and the grated rind and juice of lemon. Let stand one hour, place over a slow fire, stir, bring slowly to a boil and simmer and stir constantly for forty-five minutes. Pack in hot glass jars, cool and seal.

HAM STEAK, KNICKERBOCKER

Have the butcher cut a steak one and three-quarters inches thick from the center of a mild cured ham, trim and place in a baking pan, sprinkle with two level teaspoonfuls of dry mustard, one cupful of brown sugar, six whole cloves, half a cupful of peeled and cubed carrots, one crushed bay leaf, and half a cupful of thinly sliced celery. Pour half a cupful of boiling water into the pan, cover, and place in a moderate oven for one hour; uncover and cook until tender. Place on a hot platter and garnish with mounds of green peas and mashed potatoes.

COOKED DRESSING

Mix the slightly beaten yolks of two eggs with one-third of a cupful of sugar; half a teaspoonful of salt, two teaspoonfuls of celery seed, two-thirds of a teaspoonful of mustard, and a few grains of cayenne pepper; mix smooth, stir in slowly one cupful of hot mild vinegar and one tablespoonful of melted butter. Pour into a double boiler and stir and cook until thick and smooth. Use hot or cold with three cupfuls of finely shredded cabbage.

NOVEMBER

SUNDAY

BREAKFAST

Cassaba ‡
Spanish Omelet *

Waffles *
Milk ‡

Honey ‡
Coffee *

DINNER

Merry Widow Cocktail *

Celery ‡

Chicken Saute, Marengo *

Succotash ‡

Potatoes a la Reine ‡

Avocado and Orange Salad ‡

Brick Ice Cream ‡

Hot Chocolate Sauce *

Milk ‡

Coffee *

SUPPER

Creamed Ham *

Bronx Sandwiches *

Zabaione *

Milk ‡

Cocoa *

MERRY WIDOW COCKTAIL

For each service place in the bottom of a chilled champagne glass six cooked and peeled shrimps; cover the shrimps with six cooked and chilled asparagus tips; season with salt and paprika, a few drops of lemon juice and fill the glass with lemon mayonnaise. Garnish the top with strips of pimienta and sweet green pepper. Set in the ice to thoroughly chill before serving.

CHICKEN MARENGO

See page 363

POTATOES A LA REINE

Place in a saucepan one cupful of water and two tablespoonfuls of butter, bring to a boil and stir in all at once one-half cupful of sifted flour; stir and cook until thick and smooth. Remove from the fire, beat three minutes, beat in the yolks of two eggs, one at a time, and one and one-half cupfuls of hot riced potatoes. Add a seasoning of salt and pepper and a grating of nutmeg. Drop from a tablespoonful into warm deep fat, heat slowly and cook a nice brown. Drain and dust with salt.

CHOCOLATE SAUCE

Mix in a saucepan two tablespoonfuls of sifted flour, one cupful of sugar, one-quarter of a teaspoonful of salt, and two squares of grated chocolate. Stir in two cupfuls of water, set over a slow fire and stir and cook until thick and creamy. Remove from the fire and beat in one teaspoonful of vanilla extract and beat two minutes. Can be used hot or cold.

BRONX SANDWICH

Mix one cupful of soft cream cheese with four tablespoonfuls of chopped ripe olives, four tablespoonfuls of chopped walnut meats, one tablespoonful chopped pimienta, and two tablespoonfuls of mayonnaise. Spread between thin slices of buttered Boston brown bread.

ZABAIONE

Place in a double boiler six eggs and four tablespoonfuls of powdered sugar. Beat with a rotary egg beater over a slow fire until stiff enough to hold up a spoon, beating in while cooking four tablespoonfuls of orange juice and one tablespoonful of maraschino syrup. Serve hot or cold in tall glasses.

NOVEMBER

MONDAY

BREAKFAST

Prunes and Raisins † *
 Bacon and Eggs *
 Bread Crumb Pancakes *
 Jelly †

Milk †

Coffee *

LUNCHEON

Veal Hearts * and Carrots †
 Parker House Rolls *
 Endive Salad †
 Blackberry Roll *

Milk †

Tea *

DINNER

Soup Royal *
 Ripe Olives †
 Veal Stew with Dumplings *
 Green Peas †
 Mashed Potatoes †
 Lettuce, Louie Dressing †
 Individual Chocolate Puddings *

Milk †

Coffee *

CRUMB PANCAKES

See page 284

VEAL HEARTS AND CARROTS

Cut three cleaned veal hearts in small cubes; scrape four carrots and cut in the same size cubes; heat half a cupful of butter in a sautepan, add the hearts and carrots and saute for thirty minutes, add a seasoning of salt and pepper and serve on squares of buttered toast.

BLACKBERRY ROLL

Sift two cupfuls of flour with four level teaspoonfuls of baking powder, half a teaspoonful of salt and three tablespoonfuls of sugar; rub into these four tablespoonfuls of butter and when like coarse meal work to a smooth dough with one beaten egg and two-thirds of a cupful of milk. Place on a floured board, roll out two-thirds of an inch in thickness and spread with one and a half cupfuls of blackberries mixed with five tablespoonfuls of sugar and two-thirds of a teaspoonful of cinnamon; dot the top with three tablespoonfuls of butter broken in small bits, roll like jelly roll, press edges together, place on a buttered baking pan, brush with melted butter and bake in a quick oven seventeen minutes. To serve cut in inch slices and pour over lemon sauce.

LEMON SAUCE

Mix in a small saucepan two-thirds of a cupful of sugar, four tablespoonfuls of flour and a few grains of salt; when well mixed add, stirring constantly, one and a quarter cupfuls of water; stir and cook until thick and creamy, add four tablespoonfuls of lemon juice and two teaspoonfuls of butter; beat smooth and serve hot.

CHOCOLATE PUDDINGS

Beat to a cream four tablespoonfuls of butter, add the yolks of three eggs, one at a time, and beat smooth after the addition of each yolk; beat in four tablespoonfuls of sugar, four tablespoonfuls of grated cocoa and half a cupful of grated bread crumbs; add the stiffly beaten whites of three eggs, pour into six lightly buttered individual pudding molds, set in a pan of boiling water that will reach up to half their height and set in a hot oven thirty minutes. Unmold on hot dishes and pour over a good chocolate sauce.

NOVEMBER

TUESDAY

BREAKFAST

Apple Sauce with Cream †
 Omelette with Chipped Beef *
 Corn Bread *
 Milk †
 Honey †
 Tea *

LUNCHEON

Ham Patties *
 Onions Au Gratin †
 Cottage Fried Potatoes †
 Filled Cookies *
 Milk †
 Tea *

DINNER

Cream of Barley *
 Green Onions †
 Sauerkraut † with Brisket of Beef *
 Baked Mashed Potatoes †
 Celeriac Salad †
 Apple Snow Pudding † *
 Tea *
 Oyster Plant †
 Coffee *

HAM PATTIES

One and one-half pounds of ham, pass through a grinder twice, moisten with one-half cupful milk, one cupful bread crumbs, one onion grated, one tablespoonful chopped parsley, one-eighth teaspoonful of white pepper, one egg well beaten; mix altogether, form into patties, fry brown in butter. When done serve with a cream sauce. Place on platter, surround with green peas and parsley.

SAUERKRAUT WITH BRISKET OF BEEF

One quart sauerkraut, three pounds brisket of beef, two tablespoonfuls flour, two tablespoonfuls vinegar two tablespoonfuls brown sugar, one raw potato, grated, one onion, one teaspoonful caraway seed.

Place one-half of the kraut in a large saucepan, sprinkle with flour, add meat and a whole onion and cover with the rest of the kraut, and sprinkle over a little more flour and add the potato. Cover with boiling water and cook until tender, about two hours. Remove onion, sprinkle a little flour over cabbage to thicken, add sugar and vinegar to make it sweet and sour.

CELERIAC SALAD

Two small heads celery root, two cups stalk celery, diced, one-half cupful vinegar, one-quarter cupful sugar, one-quarter teaspoonful pepper, one teaspoonful salt, one-quarter pound almonds, blanched and chopped, one-half cupful thick sour cream.

Scrub celery root well, and cook several hours until tender in salted water. Peel and slice, then measure and take an equal measure of stalk celery. Mix with the rest of the ingredients, adding the sour cream last. Place on nests of lettuce, serve cold.

APPLE SNOW PUDDING

Fill a pudding dish half full of apple sauce, well seasoned with butter, sugar and nutmeg. Pour over it a batter made of one and a half cupfuls of flour mixed with four level teaspoonfuls of baking powder, one half teaspoonful of salt, and a tablespoonful of butter. Moisten it with about three-quarters of a cupful of milk, or enough to make a thick batter. It should not be as stiff as for biscuits. Cook in a steamer for about three-quarters of an hour, and serve at once with a hard foamy sabayon, or any other sauce. The top will be very light and white. This quantity is enough to serve six people.

NOVEMBER

WEDNESDAY

BREAKFAST

Peaches and Cream †

Ham Omelet *

Toast *

Marmalade †

Milk †

Coffee *

LUNCHEON

Liver a la Hen Pheasant *

Mab Salad † *

Coffee *

Ice Cream †

Tea *

DINNER

Tomato Soup †

Chow Chow †

Steak Szradie *

Baked Tomatoes †

Broad Noodles *

Waldorf Salad †

Strawberry Short Cake *

Coffee *

LIVER A LA HEN PHEASANT

A calf's liver is required. This is generously larded and stabbed with a dozen cloves. It is then covered thickly in olive oil and then dusted over with brown flour and salt. Place in a baking dish with some olive oil, the juice of half a lemon, one finely minced onion, salt, pepper, and a half cupful of water. Bake two hours and baste frequently. If the water and oil evaporate from the baking dish before the liver is done, add more water and oil.

This is served hot, with a sauce made of sweet peppers, chopped, and the gravy of the liver, thickened with browned rice flour.

MAB SALAD

One small head cabbage, one head romaine lettuce, two cooked carrots, six sprigs of long-stemmed parsley, three quarters of a cupful of boiled mayonnaise, one hard-boiled egg.

Chop cabbage or put through food grinder. Separate leaves of lettuce, wash and allow to chill, cut the cooked carrots into one-quarter inch strips, not slices, and grate the hard-boiled egg. Then blend mayonnaise with cabbage. Place two heaping tablespoonfuls of cabbage on a lettuce leaf and on top of this place another spoon fashion, and tie with the parsley. Insert two strips of carrots so as to resemble the stamen of the flower; sprinkle with the grated egg and serve individual or from a platter.

COFFEE ICE CREAM

One pint of milk, one half cupful of coffee, one quarter of a cupful of sweet chocolate grated, one cupful of sugar and salt. Cook until mixture coats the spoon. Flavor, add one cup of cream and freeze. Serve with marshmallow sauce.

STEAK SZRADIE

Two pounds of round steak, cut thin, four slices of bacon, three onions, three slices of bread, one cupful sour cream, salt to taste, one teaspoonful of pepper corns, three tablespoonfuls parsley, two tablespoonfuls of drippings.

Cut meat about three inches in diameter, sprinkle with a little salt, cut each slice of bacon in half, then place on the meat. Take the bread cut in finger strips and place on top of the bacon; the onion chopped fine also parsley which has been minced, place this on bread, roll the meat and hold together with a strong toothpick. Dust flour over and brown in the drippings. (You can use butter.) When a nice brown color add enough water to steam in and keep tightly covered for one-half hour, cooking very slowly. Keep adding water so as to have enough gravy to baste with, allow this to cook one and one-half hours longer. Ten minutes before serving add sour cream, let it come to a brisk boil, as this thickens the gravy.

NOVEMBER

THANKSGIVING

California Lobster Cocktail *
 Salted Almonds ‡ Celery ‡
 Ripe Olives ‡
 Cream of Watercress ‡
 Roast Stuffed Turkey *
 Apple or Walnut Dressing * ‡
 Giblet Gravy *, Cranberry * and Orange Conserve ‡
 Banana Squash ‡
 Drawn Butter Sauce ‡
 Sweet Potatoes, Southern Style ‡
 Hearts of Lettuce ‡, St. Francis Dressing *
 Hot Mince Pie *, Fruit Sauce ‡
 or Ice Cream ‡ and Fancy Cakes *
 Oranges ‡ Cluster Raisins ‡
 Assorted Nuts ‡
 Coffee *

ST. FRANCIS SALAD DRESSING

Add to one half cupful of mayonnaise one half cupful chili sauce, one finely chopped sweet green pepper, four tablespoonfuls finely chopped celery, one chopped hard-boiled egg, two teaspoonfuls lemon juice, two tablespoonfuls salad oil, salt and paprika. Mix well. Good on all green salads.

WALNUT DRESSING FOR TURKEY

Bake with skins on three medium onions for ten minutes. Remove the skins, chop very fine, add one cupful finely chopped tart apple, two tablespoonfuls melted butter, five cupfuls fresh bread crumbs, one teaspoonful thyme, one teaspoon marjoram, two tablespoonfuls chopped parsley, one cupful chopped walnut meats, salt and pepper.

MINCEMEAT

Mincemeat to be good should stand in a covered earthen crock for at least ten days before using, to ripen.

To make a small amount of mincemeat mix three-quarters of a pound of lean cooked beef with three-quarters of a cupful of finely chopped beef kidney suet, three cupfuls of peeled, cored and chopped apples, one cupful of seeded raisins, half a cupful of cleaned currants, four tablespoonfuls of finely chopped citron, four tablespoonfuls of finely chopped candied orange peel, three tablespoonfuls of chopped candied lemon peel, one-quarter of a teaspoonful of cinnamon, one-quarter of a teaspoonful of cloves, one-quarter of a teaspoonful of allspice, grated rind and juice of half a lemon, half of a grated nutmeg, three-quarters of a teaspoonful of salt, four tablespoonfuls of molasses, three-quarters of a cupful of sugar, half a cup of cider, and if liked, four tablespoonfuls of sherry flavor. Pack in an earthen jar and let stand ten days before using. This will keep for months.

NOVEMBER

THANKSGIVING

Egg Nog Frappe in Egg Shells *
 Celery Sticks † Ripe Olives †
 Lobster Cutlets, Sauce Tartare *
 Cucumbers, French Dressing †
 Potatoes Duchess †
 Roast Turkey, Giblet Sauce *
 Plum and Orange Sauce * †
 Peas and Celeriac with Butter †
 Sweet Potatoes, Hawaiian †
 Romaine Lettuce †
 Brunswick Dressing *
 Hot Mince Pie * Oriental Mousse †
 Coffee *

LOBSTER CUTLETS

Mix three cupfuls of chopped, cooked lobster meat with one teaspoonful of salt, a dash of cayenne pepper, three teaspoonfuls of lemon juice, the beaten yolks of two eggs, one and one-half teaspoonfuls of chopped parsley, and one and one-half cups of hot, thick white sauce. Mix well and spread out on a plate to cool. When cold shape in the form of small cutlets. Dip in cracker crumbs, then dip in beaten egg and then dip in fine bread crumbs, fry in deep, hot fat. Drain and serve on small plates covered with watercress. Serve tartar sauce separate.

EGG NOG FRAPPE

Beat the yolks of three eggs until light, add gradually six tablespoonfuls of sugar and continue beating, then add one-third of a teaspoonful of salt, one teaspoon of vanilla extract, two teaspoonfuls of lemon extract, and one and one-half cupfuls of milk. Beat the whites of three eggs stiff and add to the fruit mixture. Place in a freezer and freeze as for ice cream. Serve in egg shells set in halves of scooped lemons and set on small plates that have been covered with early rose leaves.

POTATOES DUCHESS

Beat into two cups of riced potatoes, two tablespoonfuls of butter, one teaspoonful of salt and the slightly beaten yolks of two eggs. Place this mixture in a pastry bag with a star tube and force out in rosettes on a greased baking sheet. Bake in a slow oven to a light golden brown. Serve one with each cutlet.

PLUM AND ORANGE SAUCE

Place in a saucepan the rind of one lemon and one orange cut in very fine strips, cover with half a cupful of water and boil for ten minutes. Drain and place the strips in another saucepan with their juice, a little ground mace, a seasoning of paprika, and one cupful of plum jelly. Boil up and strain. Serve with the turkey.

PEAS AND CELERIAC

Select smooth young roots of celeriac or celery root, peel and cut in dice, boil until tender, not soft, in salted water. Drain and add an equal amount of cooked peas. Place in a vegetable dish and pour over melted butter.

SWEET POTATOES HAWAIIAN

Peel and cut in large slices six boiled sweet potatoes, place a layer of the slices in the required number of small shirring dishes, cover with chopped pineapple, cover with sweet potatoes, cover with currant jam, cover with sweet potatoes, pour over a little melted butter and cover all with marshmallows. Set in the oven until the marshmallows are melted.

ORIENTAL MOUSSE

Mix four tablespoonfuls of chopped Canton ginger with four tablespoonfuls of preserved kumquants, four tablespoonfuls of their syrup, and one tablespoonful of orange juice and let stand two hours. Soak a quarter of a teaspoonful of granulated gelatine in five tablespoonfuls of cold water. Make a custard of one cupful of milk, five tablespoonfuls of sugar, and a little salt. When the custard is smooth add the gelatine and strain into a cold pan set in a pan of ice water. When the mixture starts to harden fold in the whip from three cupfuls of heavy cream. Pour mixture into a wet melon mold, cover tight and pack in salt and ice for three hours. Use two parts fine ice and one part salt.

In preparing this menu make the cake the day before, the egg nog, mousse, French dressing tartar sauce, cutlet mixture, plum sauce; boil the sweet potatoes and make a salad dressing in the morning. While the turkey is baking prepare the potatoes and vegetables. All the work should be finished, except the serving, when the guests arrive.

NOVEMBER

FRIDAY

BREAKFAST

Orange Juice †
 Bacon Omelet *
 Popover *
 Milk †
 Marmalade †
 Coffee *

LUNCHEON

Macaroni and Cheese *
 Combination Salad †
 Hot Rolls *
 Apple Cobbler * †
 Milk †
 Tea *

DINNER

Consomme Royal *
 Salted Almonds †
 Boiled Halibut, Shrimp Sauce *
 Creamed Carrots †
 Mashed Potatoes †
 Cabbage Salad †
 Milk †
 Cream Dressing †
 Banana Pudding * †
 Coffee *

POPOVERS

Sift into a bowl one cupful of sifted flour sifted with half a teaspoonful of salt, add slowly, stirring constantly, one cupful of milk, and when a smooth batter is formed beat in the well-beaten yolks of two eggs, and one more cupful of milk; beat five minutes with a rotary egg beater and beat in the stiffly beaten whites of two eggs. Fill hot buttered iron gem pans or earthenware cups with the mixture and bake thirty minutes in a hot oven.

APPLE COBBLER

Pare, core and cut in quarters enough tart apples to fill a buttered baking dish; sprinkle over the apples three tablespoonfuls of sugar mixed with one teaspoonful of cinnamon and dot with bits of butter. Sift two cupfuls of sifted flour with half a teaspoonful of salt, one tablespoonful of sugar and four level teaspoonfuls of baking powder; rub into these three level tablespoonfuls of butter and when like coarse meal make to a slack dough with one cupful of milk; pour over the apples make four slits in the top, brush with melted butter and bake forty-five minutes in a moderate oven. Serve with cream and sugar.

BOILED HALIBUT

Secure a three-pound piece of halibut, sprinkle with salt, set in a frying basket and set in a kettle of boiling water to which has been added one onion stuck with two whole cloves, half a bay leaf, the strained juice of one lemon, three stalks of celery and four branches of parsley; bring to a boil, reduce heat and simmer slowly for twenty minutes. Lift out the basket, place the fish on a hot platter, remove the skin and pour over shrimp sauce.

SHRIMP SAUCE

Heat three tablespoonfuls of olive oil in a saucepan, add four tablespoonfuls of sifted flour and stir and cook three minutes; beat in two cupfuls of the hot strained stock from the fish and beat until smooth; beat in one cupful of milk, half a cupful of cream, a seasoning of salt and paprika, one tablespoonful of lemon juice, and one cupful of boiled, peeled and chopped shrimps.

CREAM SALAD DRESSING

Beat one cupful of heavy cream until stiff; add three tablespoonfuls of vinegar, a pinch of salt, a seasoning of paprika and one tablespoonful of tarragon vinegar; beat three minutes and mix with chilled, shredded cabbage.

NOVEMBER

SATURDAY

BREAKFAST

Stewed Prunes *

Coddled Eggs *

Toast *
Milk ‡Jam ‡
Coffee ***LUNCHEON**

Puree of Green Peas ‡

Hot Rolls *

Honolulu Salad ‡

Raisin Pie * ‡

Milk ‡

Tea *

DINNER

Leek and Potato Soup ‡

Celery Curls ‡

Green Peppers Stuffed with Turkey *

Chayotes in Cream ‡

Riced Potatoes ‡

Tomato and Cucumber Salad ‡

Lemon Layer Cake *

HONOLULU SALAD

Mix two cups of canned pineapple cut in even sized dice with one cup of peeled and chopped white celery, one chopped pimento, one chopped green pepper, one cup of broken walnut meats, and a cup of diced tart apple, and half a cup of French dressing. Serve on lettuce-covered plates and garnish with ripe olives.

POTATO AND LEEK SOUP

Remove the tough part from six leeks, wash, cut in two lengthwise and slice across, cover with cold water, let stand ten minutes and then drain well. Heat three tablespoons of butter in a saucepan, add the leeks and cook about seven minutes or until soft and clear; add one peeled and parboiled potato, one finely chopped onion and cook two minutes, add two tablespoons of rice, five cups of boiling water, one teaspoon of salt, a seasoning of pepper and a bag containing one bay leaf, three whole cloves, a blade of mace, and three allspice; bring to a boil and simmer slowly half an hour; remove spice bag and serve with croutons and grated Parmesan cheese.

STUFFED GREEN PEPPERS

Remove the stem end and strings from six large bell peppers and blanch in boiling salted water ten minutes; remove from the water and drain well. Mix two cups of chopped cooked turkey with one beaten egg, one and one-half cups of fine bread crumbs, two tablespoons of melted butter, one teaspoon of chopped parsley and a seasoning of pepper, salt, and a little nutmeg. Fill the pepper cups with the mixture, place in a baking dish, sprinkle tops with buttered bread crumbs and bake a nice brown. Serve with turkey gravy.

LEMON LAYER CAKE

Bake three layers of white cake, cool and spread between the layers a filling made by mixing the grated rind of one lemon with the strained juice of two lemons, two slightly beaten eggs, one egg yolk, and two tablespoons of butter and cook in a double boiler until thick and smooth; when cold use.

NOVEMBER

SUNDAY

BREAKFAST

Sliced Oranges †
Ham and Eggs *
Waffles *
Milk †
Cider Syrup †
Coffee *

DINNER

Mint Fruit Cocktail †
Celery †
Baked Rack of Lamb, Pan Gravy *
Green Corn *
Mashed Potatoes †
Kuroki Salad †
Brick Ice Cream, Crushed Berries †
Milk †
Coffee *

SUPPER

Hot Ham Sandwich, Santa Rosa *
Sliced Peaches and Cream †
Nut Cake *
Orange Cup †

CIDER SYRUP

Place in a saucepan two cupfuls of cider, add two and a half cupfuls of sugar, stir and cook until the sugar is dissolved; cool and use.

MINT COCKTAIL

Place half a cupful of sugar and one cupful of water in a saucepan, bring to a boil and boil five minutes; pour over half a cupful of mint leaves and let stand until cool, strain and add two tablespoonfuls of lemon juice and two tablespoonfuls of orange juice. Fill six steam glasses with equal parts of diced orange, diced pineapple, halved strawberries, and peeled and diced grapefruit. Pour over all the syrup, sprinkle with chopped mint and garnish with a whole strawberry dipped in powdered sugar.

KUROKI SALAD

Chill six salad plates, place on each plate half a heart of romaine lettuce, cover the lettuce with alternate slices of peeled and cored pears, peeled peaches, and peeled apples; pour over all lemon French dressing.

HOT HAM SANDWICH

Beat four tablespoonfuls of butter to a cream, add half a cupful of grated American cheese, half a teaspoonful of mustard, and a seasoning of salt and paprika. Spread twelve slices of bread with this mixture. Run twelve ounces of cooked ham through the fine knife of the meat chopper, add to it two teaspoonfuls of made mustard; spread six of the prepared slices of bread with the ham, cover with the other six slices of bread and press together. Beat three eggs slightly and beat into them one cupful of milk; dip the sandwiches in the egg and milk, lay in a hot well-buttered frying pan and fry a nice brown on both sides. Cut and serve on hot plates.

NUT CAKE

Beat half a cupful of butter to a cream and beat into it slowly one cupful of sifted sugar and beat smooth; beat in the grated rind of one lemon, three tablespoonfuls of grated orange rind and three tablespoonfuls of lemon juice; add the well beaten yolks of ten eggs, beat smooth and add one and three-quarters cupfuls of sifted flour sifted with three-quarters of a teaspoonful of baking soda, mix smooth, add the stiffly beaten whites of six eggs. Bake in three buttered and floured layer-cake tins in a moderate oven. Cool and spread between them a mixture of one and a half cupfuls of finely chopped walnut meats, one and a half cupfuls tart, red jelly, a few grains of salt, and one teaspoonful of lemon juice. Cover with white icing and decorate with walnut halves.

NOVEMBER

MONDAY

BREAKFAST

Sliced Pineapple †
 Fried Corn Meal Mush *
 Broiled Bacon *

Toast *
 Milk †

Jam †.
 Coffee *

LUNCHEON

Baked Bell Peppers *
 Mashed Potatoes †
 Hot Finger Rolls *
 Prune Fluff *

Milk †

Tea *

DINNER

Lamb Fricassee *
 Green Peas † Potato Cakes †
 Romaine and Orange Salad †
 Pumpkin Pie * †

Milk †

Coffee *

BAKED BELL PEPPERS

Cut three bell peppers in two lengthwise, remove seeds and strings and parboil in boiling water five minutes; drain and fill each half with a dressing made by mixing three cupfuls of bread crumbs with two cupfuls of chopped boiled ham, a seasoning of salt, pepper and nutmeg, one tablespoonful of chopped parsley and four tablespoonfuls of melted butter. Place in an earthen baking dish, brush with melted butter, pour in half a cupful of meat stock and bake a nice brown. Serve hot in the baking dish.

PRUNE FLUFF

Cover one pound of prunes with boiling water and let stand five minutes; drain and cover with cold water and let stand over night. Drain, remove seeds and press the fruit through a sieve. Whip one cupful of whipping cream and gradually fold in the prune pulp. Serve in tall glasses and sprinkle with finely chopped nuts.

LAMB FRICASSEE

Have the butcher cut a breast of lamb in pieces one and a half inches square, season these with salt and pepper and place in a stew pan, with one onion stuck with three whole cloves, a sprig of parsley, one bay leaf and six tablespoonfuls of butter. Cover the pan tightly and let simmer slowly for thirty minutes, shaking the pan occasionally to prevent sticking. Add two cupfuls of boiling water, cover the pan and let simmer for one hour. Strain off the sauce into a saucepan, add two level tablespoonfuls of flour rubbed to a smooth paste with a little water, bring to a boil and stir for five minutes; add three tablespoonfuls chopped capers and cook three minutes. Pour over the meat, heat and serve on a hot platter garnished with parsley and lemon slices.

ROMAINE AND ORANGE SALAD

Cover cold plates with crisp leaves of romaine lettuce, cover the lettuce with peeled sections of ripe oranges, and over all pour a good French dressing.

PUMPKIN PIE

Beat the yolks of four eggs until thick and smooth with one cupful of sugar, add to them two cupfuls of cooked pumpkin that has been pressed through a sieve, two cupfuls of milk, half a teaspoonful of ground cinnamon, half a teaspoonful of ground mace, and one-quarter of a teaspoonful of nutmeg; mix well, stir in the stiffly beaten whites of four eggs and pour the mixture into a pastry-lined pie tin and bake until firm in a hot oven.

NOVEMBER

TUESDAY

BREAKFAST

Orange Juice ‡
Coddled Eggs, Hot Buns *

Milk ‡

Coffee *

LUNCHEON

Fish Chowder, Redondo *

Canton Salad *

Hot Rolls *

Raisin Pie * ‡

Milk ‡

Tea *

DINNER

Palestine Soup ‡

Olives ‡

Baked Albacore *

Tartare Sauce ‡

Carrots and Peas ‡

New Potatoes ‡

Spring Garden Salad ‡

Heavenly Hash ‡

Orange Cookies *

Milk ‡

Coffee *

FISH CHOWDER

Cut the fillets from a three or four-pound rock bass and place the head, bones and trimmings in a pot with six cupfuls of water, one sliced carrot, one stalk of celery, one onion stuck with two whole cloves, two branches of parsley, one bay leaf and one sliced green pepper; bring to a boil and simmer for one hour. Place in a saute pan half a cupful of sliced carrot, half a cupful of diced celery, half a cupful of green peas and two tablespoonfuls of butter; add one teaspoonful of sugar and stir until hot, add half a cupful of hot water and simmer until all the vegetables are tender. Strain the fish stock into a clean saucepan, add three cupfuls of the rock bass fillets cut in dice and the drained vegetables; bring to a boil, add a seasoning of salt and pepper and simmer fifteen minutes or until the fish is tender. Serve with water crackers.

CANTON SALAD

Rub a salad bowl with a crushed clove of garlic, remove the garlic and mix in it two-thirds of a cupful of diced and peeled white celery, half a cupful of broken walnut meats, the chopped whites of three hard-boiled eggs, two and a half cupfuls of shredded white cabbage, one chopped pimento and half a cupful of French dressing. Mix well, drain and mound on lettuce-covered plates, cover with mayonnaise, press the yolks of the hard-boiled eggs through a sieve over the salads and sprinkle with chopped parsley.

PALESTINE SOUP

Place in a saucepan four cupfuls of milk, two slices of onion and one cupful of canned corn; bring to a boil and remove to the side of the stove; mix three tablespoonfuls of flour to a smooth paste with one cupful of water and add to the milk mixture; cook twenty minutes and rub through a sieve into a clean saucepan. Cook two cupfuls of canned tomatoes ten minutes, add to them one-quarter of a teaspoonful of soda and pour into the milk mixture. Heat and stir in slowly half a cupful of butter broken in small bits, one and a half teaspoonfuls of salt and one-quarter of a teaspoonful of paprika.

SPRING GARDEN SALAD

Mix in a cold bowl one cupful of diced radishes, half a cupful of cooked green peas, half a cupful of cooked string beans, four tablespoonfuls of chopped green onions, one chopped green pepper, one chopped pimento and half a cupful of French dressing. Serve on shredded lettuce and garnish with ripe olives.

HEAVENLY HASH

Mix one and a half cupfuls of peeled and diced oranges with one and a half cupfuls of peeled and diced bananas, one-third of a cupful of sugar, one and a half cupfuls of diced marshmallows, half a cupful of shredded cocoanut and half a cupful of chopped red cherries. Set in the ice box for one hour and serve in glass dishes that have been lined with split lady fingers.

DECEMBER

MONDAY

BREAKFASTPears and Cream †
Coddled Eggs *

Toast *	Marmalade †
Milk †	Coffee *

LUNCHEONNoodle and Ham Pudding *
Tomato Salad †
Persimmon Pudding *

Milk †	Tea *
--------	-------

DINNERMexican Delight *
Dill Pickles †
Veal Cutlet, Baked *
Squash in Shell † Savory Potatoes †
Grape Salad †
Marshmallow Loaf *

Milk †	Coffee *
--------	----------

NOODLE AND HAM PUDDING

One-pound package of medium-sized noodles, one cupful of cream or milk, three-quarters of a pound of cold boiled ham, and a dash of pepper or paprika. Boil the noodles about ten minutes in water, add a scant tablespoonful of salt, then remove the noodles from the boiling water, put into a colander and pour cold water over them. (This prevents the noodles from sticking together.) Put a layer of noodles in a baking dish and then sprinkle ham over the noodles, repeat this, leaving a layer of noodles as the final layer, pour over this the milk or cream. Bake in the oven thirty minutes.

PERSIMMON PUDDING

Two cupfuls of sugar and a scant cup of butter rubbed to a cream. Beat the yolks and the whites of five eggs separately and whip the yolks into the creamed butter and sugar. Whip for one minute and add a quart of milk gradually beating all the while. Now stir in a scant four cups of flour sifted twice with a teaspoonful of baking powder alternately with the stiffened whites of the eggs. Season to taste with cinnamon and mace (ground.) At the last, beat in a quart of persimmons which have been seeded and washed, and run through your vegetable press to a smooth pulp. This should make two large puddings. Bake in a buttered mold which has funnels through the middle. They will require an hour's baking in a steady oven. Bake for three-quarters of an hour covered with paper. Turn out carefully, sift powdered sugar over them, and eat hot with cream.

MEXICAN DELIGHT

When making the okra stock, to be used for the foundation of this soup, add a slice of salt pork or fat bacon, and half a dried herring. Strain before setting aside to cool. Next day, bring to the boiling point, add two sweet red and green peppers, chopped fine; two thin green onions, also sliced; half a cupful of small green peas. Boil twenty minutes. Moisten a teaspoonful of curry powder with a little cream, rub to a smooth paste and add. Simmer five minutes. Remove the shell from two hard-cooked eggs, chop the yolks and whites separately, and stir into the soup, just before serving; at the same time add a teaspoonful of lemon juice.

VEAL CUTLET, BAKED

See page 220

MARSHMALLOW LOAF

Dissolve one tablespoonful of gelatine in half a cupful of hot water. Stir into this the beaten whites of four eggs. Add one cupful of sugar and half a cupful of cold water. Beat for one minute. Divide this mixture into three or four parts, flavoring each differently, and coloring each differently with vegetable coloring matter. Let this stand until it is stiffened, so that the mixture will not run. Dust a loaf cake tin with powdered sugar and place in the ice box to harden.

DECEMBER

TUESDAY

BREAKFAST

Grapes †
Eggs in Tomatoes *
Hot Rolls * Jelly †
Milk † Coffee *

LUNCHEON

Kidneys en Casserole *
Asparagus and Shrimp Salad * †
Pear Dainty * Tea *

DINNER

Cream of Salsify Soup * †
Dill Pickles †
Swiss Steak *
Peas en Casserole † Stuffed Potatoes †
Grapefruit Salad †
Walnut Pudding *
Milk † Coffee *

KIDNEYS EN CASSEROLE

Three sheep's kidneys, one-half cupful of chopped suet, two cupfuls of bread crumbs, one cupful of milk, two eggs, one teaspoonful of chopped parsley, one teaspoonful of powdered herbs, salt and pepper.

Skin and chop the kidneys, put them into a saucepan with the suet, bread crumbs, milk, eggs, well beaten, parsley, herbs and seasonings. Mix well, turn into a buttered earthenware bowl, cover with a buttered paper and steam for one hour. Serve hot with brown sauce or good gravy.

PEAR DAINTY

One can preserved pears, five tablespoonfuls of sugar, four cupfuls of milk, seven tablespoonfuls of cornstarch, four eggs, one teaspoonful of rose extract. Mix the cornstarch to a smooth cream with a little of the milk. Bring the rest of the milk to the boil in a fireproof dish, remove from the fire, and stir in the mixed cornstarch.

Beat up the yolks of the eggs with three tablespoonfuls of the sugar, and stir well into the cornstarch. Cook the whole for a quarter of an hour, stirring all the time. Then pour the whole into a buttered casserole, and bake in a moderate oven till firm. Pour over it the pears and add the rose extract. Beat up the whites of the eggs to a stiff froth, add the remaining sugar to them. Spread this meringue over the top of the pears, and return to the oven to brown.

CREAM OF SALSIFY SOUP

Four roots salsify, four cupfuls of milk, one teaspoonful of onion juice, one tablespoonful of chopped parsley, one tablespoonful of butter, one tablespoonful of flour, two eggs, salt and pepper to taste, a few chopped pistachio nuts, water, one cupful of cream.

Clean the salsify, throwing at once into cold water to prevent their turning dark. Put them into an earthenware dish with water to well cover and cook till very tender, then rub through a sieve. Return to the casserole and add to the pulp two cupfuls of the milk, onion juice, chopped parsley, salt and pepper to season. Have ready the remaining milk, thickened with the butter and the flour rubbed together, add to the salsify, and heat thoroughly. Just before serving stir in the beaten yolks of the eggs mixed with the cream. Pour into hot marmits. Have ready the stiffly beaten whites of the eggs, put a spoon of the egg on the top of each marmit and sprinkle over the chopped pistachio nuts. Serve hot.

WALNUT PUDDING

Sixteen walnuts, four tablespoonfuls of butter, one teaspoonful of almond extract, one-half teaspoonful of vanilla extract, pinch of salt, four tablespoonfuls of browned bread crumbs, two cupfuls of milk, three eggs. Blanch the walnuts, then chop them finely, and mix with the bread crumbs, put them into a fireproof dish with the milk, and allow to boil up; then simmer for ten minutes. Remove from the fire and when cool stir in the yolks of the eggs one by one, add the salt, extracts, and the sugar; mix thoroughly. Beat up the whites to a stiff froth, and fold them in gently. Bake for half an hour in a moderate oven.

DECEMBER

WEDNESDAY

BREAKFAST

Preserved Figs †

Shirred Eggs *

Toast *
Milk †Jam †
Coffee ***LUNCHEON**

Oysters Poulette *

Orange and Apple Salad †

Baking Powder Biscuits *

Prune Pie *

DINNER

Onion Soup † *

Olives †

Ham Boiled in Cider *

Spinach †

Creamed Potatoes †

Tomato and Lettuce Salad †

Pineapple Pudding * †

Milk †

Coffee *

OYSTERS POULETTE

Place two cupfuls of California oysters in a saucepan, add one-half cupful of cold water, bring to a boil and drain off the broth. Melt two tablespoonfuls of butter in a saucepan, add two tablespoonfuls of sifted flour and when smooth beat in the oyster broth and stir and cook until smooth, beat the yolks of two eggs with one-half cupful of cream the strained juice of half a lemon and four level tablespoonfuls of butter, stir and cook until thoroughly blended, do not boil; add the oysters and a seasoning of salt and pepper, heat and serve over toast.

PRUNE PIE

Cover half a pound of clean prunes with one and a half cupfuls of cold water and let stand over night; cook very slowly in the same water until tender, about thirty minutes; drain, save the juice and remove the stones from the prunes; place the prune juice and the pitted prunes in a saucepan, add three-quarters of a cupful of sugar mixed with two level tablespoonfuls of flour and a pinch of salt; stir and cook five minutes or until thick, remove from the fire, add one-half teaspoonful of ground cinnamon, two tablespoonfuls of butter, and two tablespoonfuls of lemon juice; pour the mixture into a pie shell, cover with a good lemon flavored meringue and set in a slow oven for ten minutes.

ONION SOUP

Slice three large onions, place in a frying pan with two level tablespoonfuls of butter and cook until soft and clear; add three tablespoonfuls of flour and stir until cooked and well blended; add slowly, stirring constantly two cupfuls of boiling water and cook three minutes. Peel, boil, and mash three good-sized potatoes and beat into them slowly four cupfuls of scalded milk and stir until smooth. Combine the potato mixture with the onion mixture, add a seasoning of pepper and salt and strain into a hot tureen. Sprinkle with chopped parsley and serve with croutons.

BOILED HAM

Scrub a medium-sized ham, place in a pot, add to it two quarts of cider, enough cold water to cover, one tablespoonful of whole cloves, two bay leaves, one blade of mace, a small stick of cinnamon, and one sliced lemon. Bring to a boil and simmer slowly until tender, about fifteen minutes to a pound. Let stand in the hot liquor until just before serving. If wanted cold, let cool in the liquor.

PINEAPPLE PUDDING

Mix three tablespoonfuls of cornstarch with one-half cupful of sugar and one-third of a teaspoonful of salt, place in a double boiler with two-thirds of a cupful of pineapple juice drained from a can of sliced pineapple and one cupful of water; stir and cook for fifteen minutes, add one and a half cupfuls of diced pineapple, yolks of two eggs; pour into a buttered baking dish, cover with a meringue made with the stiffly beaten whites of two eggs and six tablespoonfuls of sugar and set in a slow oven for twenty minutes.

DECEMBER

THURSDAY

BREAKFAST

Sliced Pineapple ‡
Creamed Dried Beef *
Corn Bread *
Milk ‡
Marmalade ‡
Coffee *

LUNCHEON

Veal Patties *
Lettuce Salad ‡
Corn Muffins *
Milk ‡
Compote of Pomegranates ‡
Tea *

DINNER

Cream of Rice Soup *
Dill Pickles ‡
Chicken a la Reine *
Jerusalem Artichokes Boiled ‡
Potato Snow ‡
Celery Salad ‡
Raspberry Sherbet ‡
Milk ‡
Lemon Biscuits *
Coffee *

VEAL PATTIES

Three pounds of veal cutlets, three yolks of eggs, beaten light; six crackers, one tablespoonful of butter, chopped parsley, thyme and bay leaf, salt, pepper and cayenne to taste, one pound of lean ham, the juice of one lemon.

Stew the veal, and then powder the crackers very fine. Mince the cutlets, the herbs and the ham very fine. Season well with salt and pepper, and mix with the bread crumbs and beaten eggs. Use a clove of garlic if the taste is desired, and the juice of one lemon. With the whole form pieces, smooth over the top with butter, brush with egg, beaten well, sprinkle with crumbs and bake in a moderate oven, placing a buttered paper over the patties.

COMPOTE OF POMEGRANATES

One dozen pomegranates, three quarter pound sugar, one-half cupful of water, one tablespoonful of orange juice.

Cut a circle the size of a 5-cent piece out of the peel of the pomegranates, using a sharp-pointed knife. Then split down the sides of their skins, and carefully remove all the bright ruby pipes, without bruising them. Put these into a dish. Make a syrup, flavored with orange juice, pour it over them and serve.

CREAM OF RICE SOUP

One cupful of rice, one pint of milk, three quarts of water, the yolks of two eggs, one tablespoonful of butter, pepper and salt to taste.

Wash the rice thoroughly, rubbing dry. Put it into a saucepan, with one quart of cold water; when swelled add one quart of boiling water, and when it begins to get very tender add the remaining quart of boiling water. Then add the pepper and salt. Take from the fire, mash the rice well and rub all through a sieve. Beat up the yolks of the eggs well with a few tablespoonfuls of cream. When quite smooth stir in carefully a few spoons of the boiling rice water, and then pour the eggs and cream or milk into the saucepan with the rice, which you will have returned to the stove. Mix briskly and then draw aside and stir for two or three minutes, being very careful not to allow the mixture to boil when once the eggs have been added. Serve hot with croutons or crackers.

CHICKEN A LA REINE

Two chickens, one-quarter pound of bacon, one carrot, cut fine; one onion, cut fine; one quart of broth or water, one herb bouquet.

Clean the chicken and truss as for roasting. Then dredge inside and out with salt and pepper. Cut the bacon into very thin strips, about the width of a match and cover the bottom of the stew pan. Lay over this the carrots and onions, sliced fine, and put another layer of salt meat in delicate strips. Put the chickens in this and cover well and set inside a hot oven. After twenty minutes add the boiling broth or water and the bunch of sweet herbs. Let the chickens cook for two hours, turning them at the end of one hour and basting occasionally. Put the chickens in a hot dish, boil the gravy down to a half-quart, skim off all the grease and pass through a sieve and pour over the chickens and serve.

DECEMBER

FRIDAY

BREAKFAST

Stewed Rhubarb and Raisins ‡

Finnan Haddie in Cream *

Toast *
Milk ‡Jelly ‡
Coffee ***LUNCHEON**

Curried Eggs and Rice *

Asparagus Salad With French Dressing ‡

Hominy Muffins *

Orange Cream *

Tea *

DINNER

Puree of Tomato ‡

Stuffed Olives ‡

Sweet Gherkins ‡

Olla Podrida *

Mashed Potatoes ‡

Spinach Salad ‡

Windsor Apple Pie * ‡

Tea *

Coffee *

FINNAN HADDIE IN CREAM

One cupful flaked finnan haddie, free from skin and bone, two cupfuls milk, one-quarter cupful olive oil, six tablespoonfuls flour, two teaspoonfuls lemon juice.

Heat the liquid. In a saucepan heat the oil and stir in the flour, add the hot milk and beat smooth. Add the finnan haddie and blend well together before seasoning with pepper and salt, as it may require no further addition of salt. Add the lemon juice and serve on toast or in individual ramekins.

CURRIED EGGS

Boil the eggs hard; remove the shells carefully and drop them in hot water to keep warm until ready to use. Mold some boiled rice into a form resembling a nest. Have the rice boiled so each grain is distinct. Place it on the hot shelf to keep warm. Place a teaspoonful of chopped onion in a saucepan with a tablespoonful of butter and cook until the onion is a light yellow, but do not brown. Add an even tablespoonful of corn starch mixed with a half tablespoonful of curry powder and diluted with a little cold milk or stock, then stir in carefully one and a half cupfuls of white stock or milk. Let it cook until the corn starch is clear; add pepper and salt to taste, strain it. The sauce should be a bright yellow color, perfectly smooth, and not very thick. Wipe the eggs dry, roll them in the sauce to get evenly coated with color, and place them in the nest of rice. Pour in enough sauce to moisten the rice without discoloring the outside or top edge of the rice around the eggs.

ORANGE CREAM

Six tablespoonfuls sugar, two oranges, juice, one cupful cream, two egg yolks, one-half orange rind, whipped cream, ten marshmallows.

Dissolve sugar in orange juice, add grated rind, egg yolks well beaten and cream. Cook in double boiler, stirring constantly until it begins to thicken; then fold marshmallow in. Chill and serve in cups with whipped cream.

OLLA PODRIDA

Clean and cut into joints a rabbit; boil it until tender, with two bay leaves, and a sprig each of parsley, thyme, sage and a pinch of mace. At the last moment, five minutes before it is done, add as many large oysters as you want, say a dozen or two. Take out the rabbit and oysters and arrange them on a very large platter, garnishing them with cauliflower, young onions, carrots and green peppers which have all been boiled in one pot. Thicken the liquor remaining in the pot with flour and a little milk and pour over the whole.

DECEMBER

SATURDAY

BREAKFAST

Baked Pears and Cream ‡

Poached Eggs *

Toast *

Jam ‡

Milk ‡

Coffee *

LUNCHEON

Fried Chicken with Brown Gravy *

Fruit Salad ‡

Graham Sticks *

Burnt Almond Ice Cream ‡

Milk ‡

Tea *

DINNER

English Tomato Soup ‡

Ripe Olives ‡

Braised Beef *

Fried Tomatoes ‡

Baked Potatoes ‡

Lettuce ‡

French Dressing ‡

Venetian Pudding and Raspberry Sauce *

Milk ‡

Coffee *

FRIED CHICKEN, CREAM GRAVY

Clean, wash, and cut up a broiler, if large enough, into quarters, if small into halves, and put into an iron frying pan. For a two or two and one-half pound broiler, add one cupful of water and three slices of onion, a bit of bay leaf, and after fifteen minutes, a little salt and pepper. Cover and cook until tender (about an hour.) Watch closely and keep the liquid at just about one cupful throughout the cooking. The chicken will practically cook by steam. Remove chicken and pour the stock into a cup. Into the frying pan put three tablespoonfuls of butter and fry the chicken, first sprinkling salt and pepper over it. Remove chicken to serving platter, add three tablespoonfuls of flour to fat remaining in pan (if fat is used up add more,) one cupful of the stock which has been reserved, and one-half cupful of rich cream. Pour the cream gravy over the chicken and garnish with cress.

BURNT ALMOND ICE CREAM

Blanch one-eighth pound of Jordan almonds and brown in oven. Caramelize one-third cupful of sugar and pour on a tin in a thin sheet. When cold put both almonds and caramel through the meat chopper and then through a wire sieve. Make a custard of three egg yolks, three cupfuls of medium cream and one-half cupful of sugar. Cool, add caramel and nuts which have been prepared, and freeze.

ENGLISH TOMATO SOUP

Add one can of tomatoes to four cupfuls of beef stock, and simmer together for an hour, with a small onion cut fine. Rub through a sieve, reheat, season with salt, pepper and sugar, and thicken with a tablespoonful of butter, rubbed smooth with a tablespoonful of flour, and blended with a little cold stock. When thick, add three tablespoonfuls of cold boiled rice, reheat, and serve with croutons.

VENETIAN PUDDING

Soften four tablespoonfuls of gelatine in four tablespoonfuls of cold water. Scald three cupfuls of good, rich cream, not too heavy, reserving one-third cupful to mix with six egg yolks. Add one-half cupful of sugar, a pinch of salt and cook like custard. Then add gelatine and strain. Flavor with one teaspoonful of vanilla. Brush a fancy mold over lightly with olive oil, set it into ice water and line the mold with glace fruits cut in fancy shapes. It will require one apricot, one-half slice of pineapple, three cherries and two tablespoonfuls of Canton ginger. (This should be soft, not the crystalized ginger.) Pour the custard into the mold very slowly and chill.

RASPBERRY SAUCE

Drain the juice from a can of raspberries, measure one-half cupful, and heat. Thicken this with one teaspoonful of arrowroot, made smooth in two teaspoonfuls of cold water; cook thoroughly and chill. Then add one-fourth cupful of raspberry juice and serve.

DECEMBER

SUNDAY

BREAKFAST

	Orange Juice ‡	
	Ham and Eggs *	
Waffles *		Honey ‡
Milk ‡		Coffee *

DINNER

	Lobster Cocktail *	
		Salted Almonds ‡
Celery ‡	Chicken Saute Portugaise *	
	Egg Plant ‡	
	Steamed Rice *	
	Ice Box Cake *	
	Hearts of Lettuce ‡	
	Oriental ‡	
Milk ‡		Coffee *

SUPPER

Yorkshire Rarebit *
Apple Sauce ‡
Gingerbread *
Grape Juice Cup ‡

CHICKEN, PORTUGAISE

Joint and season with salt and pepper one young chicken. Place in a saucepan one tablespoonful of butter and one tablespoonful of olive oil; heat and add the seasoned chicken, and fry a nice golden brown on all sides; add to the pan two finely-chopped shallots and one clove of crushed garlic; cook two minutes, add one can of French mushroom pieces and stems, cook one minute; add two peeled and sliced tomatoes and simmer five minutes, add one cup of tomato sauce and cook five minutes. Place the chicken on a hot platter, pour over the sauce and sprinkle with chopped parsley.

ORIENTAL DRESSING

Mix in a cold bowl three tablespoonfuls of tarragon vinegar, one tablespoonful of liquid chutney sauce, a seasoning of salt and pepper, three drops of tabasco sauce and half a cupful of olive oil. Serve on leaves of chilled lettuce.

YORKSHIRE RAREBIT

For each person to be served place a half-inch slice of bread spread with made mustard in a hot oven, when brown remove, cover with three tablespoonfuls of sharp cider, lay on a quarter-inch slice of American cheese and on the cheese lay two thin slices of lean bacon; return to the oven and cook until the cheese is melted, serve very hot.

ICE BOX CAKE

Place in a double boiler four tablespoonfuls of water, half a cupful of sugar, and two squares of grated chocolate; stir and cook until smooth; add the beaten yolks of four eggs; stir and cook one minute; remove from the fire and cool. Beat to a cream one cupful of unsalted butter and beat into it one cupful of sifted and powdered sugar and one teaspoonful of vanilla extract; beat smooth and add to the first mixture; beat the whites of four eggs to a stiff froth and fold into the mixture, line the sides and bottom of a waxed paper-lined square cake tin with split lady fingers; pour in half the mixture, cover with split lady fingers, add the balance of the mixture and set in the icebox for twenty-four hours. Unmold, remove the paper, cut in slices and serve with orange-flavored whipped cream.

DECEMBER

MONDAY

BREAKFAST

Sliced Oranges ‡

Parsley Omelet *

Toast *

Milk ‡

Quince Preserves ‡

Coffee *

LUNCHEON

Spaghetti a la Buckley *

Lettuce, French Dressing ‡

Cocoanut Cream Pie *

Milk ‡

Tea *

DINNER

Split Pea Chowder ‡ *

Stewed Leg of Veal *

Creamed Cabbage ‡

Fried Sweet Potatoes ‡

Roquefort and Tomato Salad ‡

Cranberry Tarts *

Milk ‡

Coffee *

QUINCE PRESERVES

Core, peel and cut in eighths eight large quinces. Core, peel and cut in eighths four quarts of sweet apples. Measure out five cupfuls of sugar. Place alternate layers of quinces, sugar and apples in a preserving kettle and let stand overnight. In the morning cook slowly until the fruit is clear and tender. Seal in hot jars and store in a cool dark place.

SPAGHETTI, BUCKLEY

Boil one pound of spaghetti in boiling salted water, drain well and keep hot. Place in a saucepan two tablespoonfuls of olive oil, heat, add one chopped onion and cook until lightly browned; add half a pound of chopped round steak, one chopped clove of garlic, one cupful of tomatoes, half a cupful of soaked dried mushrooms cut in bits and their water, one teaspoonful of Worcestershire sauce, one teaspoonful of chili pepper, one chopped green pepper and a seasoning of pepper and salt. Simmer over a slow fire thirty minutes, mix with the cooked spaghetti, sprinkle with Parmesan cheese and serve very hot.

COCOANUT CREAM PIE

Mix half a cupful of sugar with one-third of a cupful of flour and a few grains of salt; place in the top of a double boiler, stir in two cupfuls of milk and stir and cook until thick and smooth. Add the beaten yolks of two eggs, and half a cupful of shredded cocoanut; cook one minute, remove from the fire and stir in one teaspoonful of butter and one tablespoonful of orange juice. Pour into a baked pie shell, cover with a meringue and brown in a slow oven.

SPLIT PEA CHOWDER

Soak one cupful of cleaned split peas in cold water overnight. Drain well, place in a saucepan, cover with cold water, add one-quarter of a teaspoonful of baking soda and simmer for three hours. Place in a frying pan one chopped slice of salt pork and one chopped onion and cook until brown; add the drained peas, one can of corn and one cupful of milk. Cook thirty minutes, add a seasoning of salt and paprika, one tablespoonful of melted butter and some split and toasted water crackers.

ROQUEFORT SALAD

Rub two-thirds of a cupful of Roquefort cheese to a cream with one tablespoonful of butter and roll into six even-sized balls. Remove the insides of six tomatoes, place a cheese ball in each and cover with a mixture of one chopped tender celery and half a cupful of chopped green pepper. Set the tomatoes on lettuce covered plates, pour over a lemon French dressing and serve very cold.

DECEMBER

TUESDAY

BREAKFAST

Grapefruit ‡
 Shirred Eggs, Mazatlan *
 Toast *
 Milk ‡
 Jam ‡
 Coffee *

LUNCHEON

Oyster Tartines *
 David Salad ‡
 Hot Rolls *
 Lancaster Apple Tart *
 Milk ‡
 Tea *

DINNER

Puree St. Lambert ‡ *
 Ripe Olives ‡
 Baked Breast of Lamb *
 Stewed Celery ‡
 Asparagus Tip Salad ‡
 Orange Short Cake, Monrovia *
 Milk ‡
 Baked Potato ‡
 Coffee *

OYSTER TARTINES

Cut six quarter-inch slices of toast bread in large rounds and toast a light brown on both sides. Wash two cups of California oysters in cold water, cover with boiling water, let cook one minute and drain in a sieve; place the oysters in a bowl and mix with one teaspoon of French mustard, one teaspoon of Worcestershire sauce, a seasoning of salt and half a teaspoon of paprika; evenly spread over the toast rounds, cover with buttered bread crumbs and set in a moderate oven for five minutes. Garnish with lemon slices and parsley.

DAVID SALAD

Cover cold plates with shredded lettuce, cover the lettuce with peeled and sliced cucumbers, garnish with alternate strips of red and green peppers and place a tablespoon of mayonnaise on top of each salad.

LANCASTER APPLE TART

Line the sides of a deep baking dish with a good pie paste. Peel and core eight even-sized tart apples; place the apples in a saucepan, add water to one-half their height, cover and cook until tender, keep whole and be careful not to break; drain the apples and set upright in the lined baking dish; fill the core holes with orange marmalade, sprinkle lightly with granulated sugar and cover the top with a lattice of pastry strips; bake in a quick oven to a nice brown and serve while hot.

PUREE ST. LAMBERT

Heat three tablespoons of butter in a two-quart saucepan; add one thinly sliced carrot, one sliced stalk of celery, half of an onion sliced, and one peeled and sliced leek; stir and cook three minutes; add one peeled and sliced potato, half a cup of green peas, half a cup of lima beans and five cups of meat stock; boil one hour, rub all through a sieve into a clean saucepan, add a seasoning of salt and pepper, one tablespoon of butter and two teaspoons of chopped parsley, reheat and serve with croutons.

BREAST OF LAMB

Cut a breast of lamb in six pieces, crack the bones, score the skin with a sharp knife, season with salt and pepper, rub with olive oil and place on a wire rack set in a baking pan; place in a medium hot oven for ten minutes; remove from the oven, brush the pieces with melted butter and cover them with sifted bread crumbs; return to the oven for three minutes; place on a hot platter, pour over maitre d'hotel butter and serve.

DECEMBER

WEDNESDAY

BREAKFAST

Oranges ‡
 Ham and Eggs *
 Marmalade ‡
 Coffee *
 Toast *
 Milk ‡

LUNCHEON

Breaded Tongue *
 Grotto Salad ‡
 French Pancake *
 Tea *
 Milk ‡

DINNER

Iced Pimiento Consomme ‡ *
 Ripe Olives ‡
 Chicken Paprika *
 Stuffed Tomatoes ‡
 Baked Potatoes ‡
 Asparagus Salad ‡
 Banana Pie * ‡
 Milk ‡
 Coffee *

BREADED TONGUE

Cut cold boiled corned tongue to slices a third of an inch thick. Sprinkle with salt and pepper, dip in egg and crumbs, and saute in butter. Remove to hot plates; reheat and pour over it a tomato sauce which has been previously prepared.

Tomato sauce. Cook a sliced onion with a cupful of tomatoes, rub through a strainer and add two tablespoonfuls of butter, two of flour and seasoning.

GROTTO SALAD

Place in a salad bowl one-half of a lemon cut in tiny chunks and on this put the hearts of the lettuce, separating the leaves but not breaking apart, and in these leaves cut chunks of peeled tomatoes and cucumbers which are icy cold. Over all sprinkle green onion cut so fine it is not distinguishable, and if liked two or three tarragon leaves cut fine. Serve with French dressing.

FRENCH PANCAKE

Beat two eggs, whites and yolks separately; add one cupful of milk to the beaten yolks, and one teaspoonful of sugar; salt and one-half of a cupful of flour. Beat until smooth, then put in one-half of a tablespoonful of olive oil and the beaten whites. Grease the cutlet pan with a little oil, heat and pour in enough of the mixture to cover the bottom; when brown, turn and brown the other side. Spread each cake with butter and jelly. Roll and serve at once.

CHICKEN PAPRIKA

Dress, clean and cut two chickens in pieces for serving; then sprinkle with salt and pepper. Cook four and one-half tablespoonfuls butter with one-half onion finely chopped, fifteen minutes, stirring almost constantly to prevent burning. Add chicken, sprinkle with four and one-half tablespoonfuls flour, mixed and sifted with one teaspoonful paprika, and pour over one and one-half cupfuls chicken stock. Bring to the boiling point and let simmer twenty minutes, adding more chicken stock if necessary. Remove to casserole dish, cover and cook until chicken is tender.

STUFFED TOMATOES

Wipe and remove stem end from six small tomatoes. Take out seeds and most of pulp, sprinkle inside of tomatoes, with salt, invert, and let stand twenty minutes. Cook three tablespoonfuls butter with six tablespoonfuls chopped green pepper, five minutes. Add three-fourths cupful soft stale bread crumbs, one-half cupful removed tomato pulp, one-fourth teaspoonful salt, one-eighth teaspoonful pepper, and a few drops onion juice. Fill tomatoes with mixture put in buttered pan and bake fifteen minutes in a hot oven.

DECEMBER

THURSDAY

BREAKFAST

Sliced Pineapple ‡
 Ham and Eggs, Country Style *
 Toast * Jam ‡
 Milk ‡ Coffee *

LUNCHEON

Cornish Pasties *
 Raw Carrot Salad ‡
 Swiss Roll, Custard Sauce *
 Milk ‡ Coffee *

DINNER

Sago Soup *
 Ripe Olives ‡
 Roast Tame Duck, Apple Sauce *
 Asparagus ‡ Chateau Potatoes ‡
 Tomato Salad ‡
 Strawberry Flan ‡
 Milk ‡ Coffee *

CORNISH PASTIES

Chop half a pound of tender beef in small pieces and mix with two peeled and chopped potatoes, one peeled and finely chopped onion and a seasoning of salt and pepper. Roll short pie pastry out on a floured board one-quarter of inch in thickness and cut in rounds with a large biscuit cutter; place a tablespoonful of the meat mixture in the center of the pastry rounds, wet the edges, fold over and press together; place on a buttered baking sheet and bake in a hot oven forty minutes. Serve hot with brown gravy.

SWISS ROLL

Beat six tablespoonfuls of sugar to a cream and beat into it six tablespoonfuls butter; beat until light and creamy, beat in three eggs, one at a time, and beat one minute after the addition of each egg. Sift three-quarters of a cupful of sifted flour with a few grains of salt and beat into the mixture with one teaspoonful of grated lemon rind. Line a shallow baking pan with buttered paper, spread the mixture over half an inch thick and bake in a quick oven fifteen minutes. Turn out on a clean, dry cloth, sprinkle with granulated sugar, trim off the edges, spread with soft jam, roll up carefully and let stand with the folded edge down for one hour. Cut in slices and pour over a orange-flavored custard sauce.

SAGO SOUP

Bring six cupfuls of clear consomme to a boil and stir in while boiling half a cupful of quick-cooking sago and cook thirty minutes. Beat the yolks of two eggs with three-quarters of a cupful of milk, add half a cup of the hot soup, mix well and stir into the soup, add a seasoning of salt, pepper and a grate of nutmeg; re-heat, but do not boil, and serve.

CHATEAU POTATOES

Cut four cups of potatoes in small balls with a potato scoop cutter; wash them well, drain, place in a saucepan, cover with cold water, bring to a boil, add a teaspoonful of salt and simmer for six minutes; drain well. Heat two tablespoons of butter in a frying pan, add one tablespoonful of olive oil and when hot add the potatoes taking care to have the potatoes cover the bottom of the pan in one layer; shake the pan over the fire until the potatoes are a light amber, place the pan in a hot oven and cook until a golden brown; drain off the fat and serve covered with Maitre d'Hotel butter.

DECEMBER

FRIDAY

BREAKFAST

	Grapefruit ‡	
	Coddled Eggs *	
Toast *		Jam ‡
Milk ‡		Coffee *

LUNCHEON

	California Oysters, Gobey *	
	Cabbage Salad ‡	
	Toasted Muffins *	
	Macedoine of Fruit Oahu ‡	
Milk ‡		Tea *

DINNER

	Cream of Peanut Soup *	
	Radishes ‡	
	Baked Fresh Mackerel, Venice *	
	Creamed Celery Root ‡	
	Boiled New Potatoes ‡	
	Orange and Endive Salad ‡	
	Date and Nut Dessert *	
Milk ‡		Coffee *

OYSTERS GOBEY

Place in a saucepan one and a half cupfuls of water and half a teaspoonful of salt; bring to a boil, add four cupfuls of California oysters, cover the pan and boil two minutes; pour onto a sieve and drain well. Place in a saucepan two tablespoonfuls of butter and the finely chopped white part of six young onions, stir and cook slowly until the onions are clear, not brown; add three tablespoonfuls of sifted flour, work smooth; beat in one cupful of hot milk and stir and cook until it boils; add the oysters and two tablespoonfuls of the oyster liquor, two tablespoonfuls of orange juice, half a teaspoonful of salt and a good seasoning of Cayenne pepper; bring to a boil, remove from the fire and stir in, a small bit at a time, two tablespoonfuls of butter. Pour over squares of toast and serve hot.

CABBAGE SALAD

Mix three cupfuls of shredded white cabbage with four tablespoonfuls of chopped green pepper, four tablespoonfuls of chopped pimiento, one cupful of diced raw apple, half a cupful of French dressing and a seasoning of salt and paprika. Serve on cold lettuce-covered plates and garnish with ripe olives.

MACEDOINE OF FRUIT

Mix in a cold bowl two cupfuls of diced pineapple, one cupful of peeled and diced oranges, one cupful of peeled and diced canned peaches, one cupful of diced canned or fresh pears, half a cupful of chopped red cherries and half a cupful of chopped blanched and toasted almonds; set in the ice box for two hours, serve in stem glasses, top with marshmallow or whipped cream and garnish with a whole cherry.

BAKED MACKEREL

Clean six small fresh mackerel, cover with buttered bread crumbs, season with salt and paprika, lay in a buttered baking pan, place in a hot oven and bake until tender. Heat four tablespoonfuls of olive oil in a frying pan, add two finely chopped onions and one finely shredded green pepper; stir and cook until the onion is lightly browned. Drain off the oil, add one crushed clove of garlic and one cupful of thick tomato pulp and cook five minutes. Pour over the mackerel, sprinkle with buttered bread crumbs and brown in the oven.

DATE AND NUT DESSERT

Place in a cold bowl two eggs, add a few grains of salt and beat into them gradually one cupful of sifted sugar and beat five minutes. Mix one cupful of seeded and chopped dates with one cupful of chopped walnut meats, one cupful of sifted flour mixed with one teaspoonful of baking powder and one tablespoonful of grated orange rind; combine the mixtures, pour into buttered individual molds and bake in a moderate oven until firm; garnish with whole marshmallow.

DECEMBER

SATURDAY

BREAKFAST

Sliced Peaches with Cream †

Scrambled Eggs *

Toast *

Marmalade †

Milk †

Coffee *

LUNCHEON

Philadelphia *

Palace Grill Salad †

Grape Meringue Tart *

Milk †

Tea *

DINNER

Puree of Cauliflower †

Chow Chow †

Hungarian Goulash *

Dixie Salad †

Pear Trifle †

Milk †

Coffee *

PHILADELPHIA

Cook for fifteen minutes in three tablespoonfuls of butter, one quarter of a cupful each of sliced onion, chopped celery, chopped green peppers and one-half teaspoonful of pepper corns; add three tablespoonfuls of flour and stir until well blended; then five cupfuls of chicken stock, one-half pound of honeycomb tripe, cut in cubes, one and one-half cupfuls of potato cubes. Cover and cook an hour and just before serving add one-half cupful of cream, two tablespoonfuls of butter and salt.

PALACE GRILL SALAD

See page 287

GRAPE MERINGUE TART

Make a rich pastry as for pie and line with it a deep tart or pudding form. Chill, brush with white of egg, prick with a fork and bake. Beat the whites of four eggs to a stiff, dry froth, add a cupful of sugar, vanilla to flavor and then gently incorporate two cupfuls of grapes. Drop by the spoonful into the baked shell and bake in a slow oven until the meringue seems firm to the touch.

PUREE OF CAULIFLOWER

Cook one head of cauliflower until soft in two quarts of veal or chicken stock. Rub through a sieve and set aside. Cook together until thick two tablespoonfuls each of butter and flour and two cupfuls of milk. Add to the cauliflower, reheat and just before serving add the yolk of an egg beaten smooth with half a cupful of cream.

HUNGARIAN GOULASH

Wipe two pounds of beef cut from lower part of round with a piece of cheese cloth, wrung out of cold water, and cut in one and one-half-inch cubes. Put in saucepan, add one quart boiling water, to which has been added two cloves of garlic and let boil five minutes. Cover and let simmer until meat is tender.

Pare potatoes and cut in three-quarter-inch slices, then cut slices in cubes; there should be one and one-half cupfuls. Cover with boiling salted water and let boil five minutes; drain and add to meat fifteen minutes before serving time to finish the cooking. Peel twenty-four tiny onions and cook in boiling salted water to cover; drain and add to goulash. Cream three tablespoonfuls butter, add three tablespoonfuls flour and work until smooth; then add by small pieces to stock in stew pan (of which there should be two cupfuls), stirring constantly. Season with salt and pepper and turn on a hot platter.

DECEMBER

SUNDAY

BREAKFASTPrunes and Cream *
Bacon and Eggs *Toast *
Milk ‡Jam ‡
Coffee ***DINNER**Spinach Soup ‡
Salted Nuts ‡
Chickens with Olives *
au Gratin Sweet Potatoes ‡
Cauliflower
Lettuce and Green Salad ‡
Strawberry Custards *
Fudge Cake *
Milk ‡
Coffee ***SUPPER**Doctor Salad ‡
Whole-wheat Bread *
Buttermilk ‡**CHICKENS WITH OLIVES**

Two young chickens, six cups water, one onion, salt and pepper, three heaping tablespoons butter, two dozen olives, one tablespoon capers, two tablespoons flour. Prepare the chickens and cut them into joints, then put them in a casserole with the water, salt, pepper and onion.

Cook slowly till tender. Lift out the pieces of chicken and drain and dry them, then fry them in the butter till they are brown.

Stir the flour into the casserole, add a pint of the water in which the chickens were cooked, the olives, chopped, capers, and seasonings of salt and pepper.

When quite smooth add the chickens and serve when hot.

CAULIFLOWER AU GRATIN

One cauliflower, two cups white sauce, three tablespoons grated cheese, two tablespoons butter, salt and pepper. Wash and trim the cauliflower and boil it in boiling salted water till tender. When done, drain well and shape it neatly. Mix two tablespoons of the grated cheese with the white sauce. Butter an au gratin dish and put it in three tablespoons of the sauce. Upon this place the cauliflower, head upward.

Cover with the sauce, which has been nicely seasoned and sprinkle the surface with fine bread crumbs and the rest of the cheese. Place the butter in pieces here and there on the top, and bake for a quarter of an hour.

STRAWBERRY CUSTARDS

Five eggs, one cup ripe strawberries or strawberry jam, one-half lemon, one teaspoon strawberry extract, eight tablespoons sugar, few drops red coloring.

Remove the hulls from the strawberries, place the berries in a basin, beat until quite liquid, then add the yolks of the eggs well beaten, sugar, strained lemon juice and strawberry extract.

Pour the mixture into a fireproof dish, stand it in a saucepan of boiling water, and stir it over the fire till it thickens; it must not boil. Allow to get cold, then add the stiffly beaten whites of the eggs, stir lightly till all are well mixed.

Pour into earthenware custard cups and serve cold decorated with a ripe strawberry on the top of each custard.

DOCTOR SALAD

Lettuce, tomato, cress, cottage cheese, chives. Place on thin slices of head lettuce a slice of tomato, red, ripe and peeled; on top of tomato place a layer of cottage cheese with a few chopped chives added. Smooth top of cheese with a fork and garnish with two rosettes of cress.

DECEMBER

MONDAY

BREAKFAST

Russian Eggs *

Scotch Scones *
Milk †Jam †
Coffee ***LUNCHEON**

Beef Fritters *

Bird's Nest Salad †

Apricot Shortcake *

Tea *

DINNER

Puree of Lima Beans †

Spiced Pickles †

Broiled Squabs *

Green Fried Tomatoes †

Mashed Potatoes †

Romaine Salad †

Raspberry Bavarian Cream †

Coffee *

RUSSIAN EGGS

On delicate slices of toast spread a layer of caviar, place a fresh poached egg on top, season with a quarter saltspoonful of pepper, a pinch of salt, and a few drops of lemon juice; garnish with parsley and serve.

BEEF FRITTERS

Chop very fine the leftover ends of steak or roast beef, add to it a grated onion, a tablespoon of finely chopped celery, a half-cupful of bread crumbs, one beaten egg, a half-teaspoonful salt and a saltspoonful of pepper, two tablespoonfuls of ketchup, one of Worcestershire sauce, and just enough stock to enable the mixture to be molded into croquettes.

BIRD'S NEST SALAD

Take as many hearts of white lettuce as there are portions to be served, wash, and with kitchen scissors hollow out the centers by snipping out two or three of the leaves. Mix to a paste a package of cream cheese and the same weight in Roquefort, the juice of an onion, one red pepper, four olives, and a quarter-cupful of pecan nut meats chopped fine, a tablespoonful of chutney syrup, a saltspoonful of mignonette pepper, and enough sweet cream to make the paste soft enough to mold. When ready, mold into eggs the size of marbles, put six in each nest on a little of the lettuce shredded, and send to the table with a tureen of Russian dressing, made of mayonnaise, to which add enough tomato ketchup to color it a delicate pink, add juice of an onion, a teaspoonful of chopped red-and-green pepper and a finely minced shallot.

PUREE OF LIMA BEANS

Soak one pound of dried lima beans over night. In the morning slip them from their skins and add to them three pints of water with a small sliced onion, two stalks each of parsley and celery, with a saltspoonful of soda. Cook all until very tender and until the water has boiled down about one-half, then put through a puree sieve. Have the following cream sauce ready to mix with the bean puree: Three tablespoonfuls of butter and two tablespoonfuls of flour creamed together well, add one pint of cream, a quarter saltspoonful of paprika, and the same of pepper. Mix carefully with the puree, wipe the inside of the double-boiler with a bud of garlic, turn the puree into it and stir constantly until all is smooth and hot. Serve with toasted croutons.

DECEMBER

TUESDAY

BREAKFAST

Orange Juice ‡
 Eggs Scrambled with Minced Ham *
 Rice Griddle Cakes * Jelly ‡
 Milk ‡ Coffee *

LUNCHEON

Deviled Veal *
 Kuroki Salad ‡
 Butter Rolls * Quince Honey ‡
 Milk ‡ Tea *

DINNER

Braised Beef, Tokio *
 Baked Egg Plant ‡
 Potato Croquettes ‡
 Apple, Pimento and Endive Salad ‡
 Raspberry Cream ‡
 Virginia Cookies *
 Milk ‡ Coffee *

RICE GRIDDLE CAKES

Sift two cups of sifted flour with three level teaspoons of baking powder, one tablespoon of sugar, and one-quarter of a teaspoon of salt; add two-thirds of a cup of boiled rice, the well beaten yolks of two eggs and enough sweet milk to make stiff, running batter. Beat well, add the stiffly beaten whites of two eggs and bake a nice brown on both sides on a hot well greased griddle.

DEVILED VEAL

Cut cold roast veal in six slices. Mix one tablespoon of dry mustard with three tablespoons of sifted flour, two beaten eggs, one teaspoon of olive oil, and two teaspoons of vinegar; beat this batter until smooth, dip the sliced veal in the batter and cover well; heat four tablespoons of olive oil in a frying pan and when hot lay in the slices of veal and fry a golden brown. Add to the remaining batter one cup of hot milk, heat and strain over the meat on a hot platter. Garnish with lemon slices and branches of parsley.

QUINCE HONEY

Peel, seed and grate enough quinces to make five cups. Add half a cup of boiling water to five cups of sugar and stir over the fire until the sugar is dissolved; add the grated quinces and the sliced peel of half a lemon and cook twenty minutes. Pour into hot glasses, cool and seal.

BRAISED BEEF, TOKIO

Mix one teaspoon of curry powder with one tablespoon of salt and half a teaspoon of black pepper and rub into the surface of a three to four-pound piece of rum of beef. Melt three tablespoons of lard in a Dutch oven, add the beef and turn and cook until a nice light brown; add to the beef one scraped and sliced carrot, one medium sliced onion, one sliced stalk of celery, one tablespoon of chopped parsley, one bay leaf, twelve whole chili peppers, one-half a teaspoon of powdered thyme, one chopped clove of garlic, and half a cup of diced salt pork; stir for ten minutes or until the vegetables are browned, then add two cups of good beef broth, one cup of strained tomato juice, and half a cup of okra. Cook on top of the stove or in the oven for two hours, turning the beef and basting every fifteen minutes. Remove the beef to a hot serving platter; skim fat from the gravy and reduce one-half; strain over the beef and place around cooked okra seasoned with curry and sprinkle over all half a cup of finely chopped cooked ham.

DECEMBER

WEDNESDAY

BREAKFAST

Sliced Oranges ‡

Bacon and Eggs *

Toast *

Milk ‡

Marmalade ‡

Coffee *

LUNCHEON

Veal Chops, Tremont *

French Fried Potatoes ‡

Endive with Lemon Dressing ‡

Coupe Phillippa ‡

DINNER

Onion Soup ‡

Baked Shoulder of Lamb *

Spinach with Egg ‡

Potato Croquettes ‡

Italian Salad ‡

Baked Apple Pudding * ‡

Milk ‡

Coffee *

VEAL CHOPS, TREMONT

Mix half a cupful of olive oil with half a teaspoonful of salt, half a teaspoonful of pepper and one teaspoonful of onion juice; rub six veal chops with this mixture and let lie on a platter for five minutes; dredge the chops lightly with sifted flour and cook in a very hot frying pan in melted lard. Place on a hot platter garnished with whole green pepper cases that have been cooked until tender in hot olive oil and filled with creamed green peas.

COUPE PHILLIPPA

Fill coupe glasses half full with vanilla ice cream, cover the cream with preserved figs cut in small pieces, cover figs with whipped cream flavored with orange and place a quarter of a preserved fig on top of the cream and sprinkle over all finely chopped toasted almonds.

ONION SOUP

Place in a saucepan that will hold two quarts, four tablespoonfuls of butter and four peeled and thinly sliced onions; cook over a slow fire, stirring to keep from sticking, for fifteen minutes; move to a fast fire and stir until the onions are a nice golden brown; stir in six cupfuls of scalded milk and a small bag holding five pepper corns and one whole clove; stir until the onions are very soft; remove the spice bag and serve with slices of toasted bread and grated Parmesan cheese.

BAKED SHOULDER OF LAMB

Cover the bottom of a covered baking dish with one sliced carrot, one sliced onion, two stalks of celery, two whole cloves, one bay leaf, three branches of parsley and four slices of fat bacon; lay on these a boned shoulder of lamb or a Boston roast of lamb, lay on the lamb three strips of bacon and pour in the pan two cupfuls of good meat stock; cover pan and bake one hour, basting often; place the meat on a hot platter, remove the grease from the gravy and strain into a saucepan and reduce one-third. Pour over the meat and serve very hot.

BAKED APPLE PUDDING

Peel, core and cut in slices six tart apples; place the slices in a buttered baking dish in layers, sprinkle each with sugar, powdered cinnamon and bits of butter; pour over a half a cupful of water. Beat to a cream one tablespoonful of butter, add half a cupful of sugar; mix well and beat in one well-beaten egg. Sift three-quarters of a cupful of sifted flour with one teaspoonful of baking powder and add to the first mixture; beat smooth and pour over the apples, dot with bits of butter and bake thirty minutes in a medium oven, serve with hard sauce.

DECEMBER

THURSDAY

BREAKFAST

Preserved Figs ‡
 Sausage Cakes * with Fried Apples ‡
 Pan Cakes * Honey ‡
 Milk ‡ Coffee *

LUNCHEON

Stuffed Peppers, Mexican *
 Chestnut Salad ‡
 Corn Bread *
 Caramel Custard *
 Milk ‡ Tea *

DINNER

Puree of Lima Beans ‡
 Olives ‡
 Chicken Fricassee, Southern *
 Buttered Oyster Plant ‡ Rice *
 Lettuce and Pineapple Salad ‡
 Chocolate Plum Pudding *
 Milk ‡ Coffee *

STUFFED PEPPERS, MEXICAN

Mix two cupfuls of ground boiled ham with one cupful of cooked rice, one tablespoonful of Spanish seasoning, two tablespoonfuls of melted butter, one teaspoonful of chopped parsley, one teaspoonful of marjoram, two well-beaten eggs, and a seasoning of salt. Fill six even-sized green pepper cups with the mixture and bake in a moderate oven until the peppers are tender. Serve with a Spanish sauce.

CHESTNUT SALAD

Boil one cupful of chestnuts, remove the shells and skins and cut in even-sized pieces. Mix the chestnuts with one cup of peeled and sliced white celery, one cupful of peeled and diced apples, and enough French dressing to moisten. Serve on lettuce covered plates.

PINEAPPLE SALAD

Mix in a cold bowl two cupfuls of diced pineapple, two cupfuls of shredded lettuce, one chopped pimienta, one seeded and chopped sweet green pepper, one cupful of chopped walnut meats, and enough lemon French dressing to cover. Mound on lettuce-covered plates and garnish with strips of pimienta and sweet green pepper.

CHOCOLATE PLUM PUDDING

Cover two tablespoonfuls of granulated gelatine with two-thirds of a cupful of cold water and let stand five minutes. Place in a double boiler two cupfuls of milk, add one and one-half squares of melted chocolate and scald. Stir in one cupful of sugar, one-quarter of a teaspoonful of salt, and the soaked gelatine. Stir until the gelatine and sugar are dissolved; remove from the fire and when the mixture starts to thicken stir in one-half teaspoonful of vanilla extract, four tablespoonfuls of chopped candied orange peel, four tablespoonfuls of chopped blanched almonds, one-half cupful of chopped seeded dates, one-half cupful of seedless raisins, and one cupful of seeded raisins. Pour into a deep round mold and set on the ice to harden. Unmold onto a cold plate and serve with vanilla flavored whipped cream.

DECEMBER

FRIDAY

BREAKFAST

Sliced Oranges ‡

Waffles *
Milk ‡Honey ‡
Coffee *

LUNCHEON

Turkey Hash *
Ravachol Salad ‡
Hot Rolls *

Milk ‡

Tea *

DINNER

Potato Chowder ‡
Filet of Halibut, Mornay *
Cucumber and Lettuce Salad ‡
Almond Pudding *

Milk ‡

Coffee *

TURKEY HASH

Place in a saute pan three tablespoonfuls of butter, four peeled and sliced tomatoes, three green peppers cut in strips, two peeled raw potatoes cut in pieces like French fried potatoes, and a seasoning of salt and paprika; cook until the potatoes are tender; three cups of cold cooked turkey cut in even sized pieces and heat for five minutes; pour on squares of buttered toast, sprinkle with finely chopped parsley and serve hot. Button mushrooms are a nice addition to this dish.

RAVACHOL SALAD

Cover cold plates with whole leaves of romaine lettuce and cover the lettuce with alternate slices of peeled oranges and grapefruit; lay alternate strips of pimento and sweet green peppers on the orange and grapefruit slices and pour over a lemon French dressing. Garnish with spirals of unsweetened whipped cream.

HALIBUT, MORNAY

Place the required number of fillets of halibut in a well-buttered baking pan, season with salt, pepper, half a chopped onion, two branches of parsley, two stalks of celery, half a bay leaf and a small blade of mace; cover with warm water and simmer on top of the stove until nearly cooked; remove to a hot platter and cover with Mornay sauce, sprinkle with grated cheese and bits of butter and brown in the oven.

MORNAY SAUCE

Place in a sauce pan two tablespoons of butter and two tablespoons of sifted flour and stir over the fire until it bubbles, do not brown, add one cup of the strained fish stock, and half a cup of cream and whip over the fire until thick and smooth; pour into a double boiler and add the slightly beaten yolks of two eggs and stir until the eggs are set, do not boil, about six minutes; add one and half tablespoons of grated cheese and pour over the fish.

ALMOND PUDDING

Beat to a cream six tablespoons of butter and half a cup of sugar and when well creamed add three-quarters of a cup of molasses and three well-beaten eggs and beat well. Sift two cups of sifted flour with half a teaspoon of soda and one level teaspoon of baking powder, half a teaspoon of cinnamon and one-third of a teaspoon of salt; add the flour mixture to the butter mixture with three-quarters of a cup of milk, beat well and add one cup of blanched, toasted and chopped almonds. Fill a well-buttered mold three-quarters full with the mixture, cover and steam three hours. Serve with a good custard sauce or whipped cream.

DECEMBER

SATURDAY

BREAKFAST

	Pears ‡	
	Shirred Eggs *	
Toast *		Jam ‡
Milk ‡		Coffee *

LUNCHEON

	Boiled Salmon, Sauce Hollandaise *	
Hearts of	Lettuce French Dressing ‡	
	Parker House Rolls *	
	Lemon Pie *	
Milk ‡		Tea *

DINNER

	Puree of Green Peas ‡	
	Ripe Olives ‡	
	Tenderloin Steak Fedora *	
Hot	Artichoke Rice and Tomatoes ‡	
	Watercress Salad ‡	
	Cherry Cobbler * ‡	
Tea *		Coffee *

BOILED SALMON

Place a three or four-pound center cut of salmon on a rack in a fish kettle, cover with cold water, add two teaspoonfuls of salt, bring to a boil slowly, remove the scum, and simmer until done. Drain, place on a hot platter and serve with Hollandaise sauce.

HOLLANDAISE SAUCE

Place in a double boiler six level tablespoonfuls of butter and the yolks of two eggs, beat fast until the butter is melted; add two level tablespoonfuls of sifted flour, mix well, add the strained juice of one lemon, one cupful of milk, and a seasoning of salt, pepper and nutmeg. Stir constantly until the sauce is thick and smooth.

LEMON PIE

Place in a double boiler one cupful of boiling water and one tablespoonful of butter; add the grated rind of one lemon. Beat well the yolks of four eggs and beat into them three-quarters of a cupful of sugar mixed with one tablespoonful of corn starch and four tablespoonfuls of lemon juice; add to the boiling water and butter and beat until thick, fold in the stiffly beaten whites of two eggs and pour into a baked pie shell. Cover with a meringue made with the stiffly beaten whites of two eggs, two tablespoonfuls of sugar and one teaspoonful of lemon juice. Brown in a moderate oven.

PUREE OF GREEN PEAS

Place in a saucepan, half a cupful of finely chopped raw ham, two cupfuls of shelled green peas, two young carrots cut in thin slices, one small sliced onion, one bay leaf, and a seasoning of salt and pepper. Bring to a slow boil, reduce the heat and simmer for two hours; press all through a sieve into a clean saucepan, add six tablespoonfuls of cooked peas and one teaspoonful of finely chopped mint, reheat and serve with croutons.

TENDERLOIN STEAK

Season six small tenderloin steaks with salt and pepper, roll in olive oil and saute in hot butter until medium rare. Place on a hot platter, cover each steak with a thick slice of heated boiled ham and pour over all Bordelaise sauce.

BORDELAISE SAUCE

Wrap half a cupful of sliced beef marrow in a piece of cheese cloth, place in a small pan of boiling water and poach until softened. Place in a small saucepan two tablespoonfuls of olive oil, six finely chopped shallots, and one sliced clove of garlic; simmer five minutes, add two tablespoonfuls of tarragon vinegar and six tablespoonfuls of water, and reduce one-half; add one cupful of brown gravy and stir until it boils; simmer at one point until the sauce will mask a spoon, skim and stir often; add the marrow and a seasoning of salt and pepper.

DECEMBER

XMAS

SUNDAY

BREAKFAST

Orange Juice ‡
 Poached Eggs, Virginia *
 Waffles *
 Milk ‡
 Honey ‡
 Coffee *

CHRISTMAS DINNER

California Oyster Cocktail *
 Salted Almonds ‡
 Celery ‡
 Ripe Olives ‡
 Roast Turkey ‡
 Giblet Gravy *
 Fresh Green Peas ‡
 Oriental Stuffing ‡
 Cranberry Jelly *
 Sweet Potatoes Glazed ‡
 Hearts of Lettuce, Bavarian ‡
 Plum Pudding *
 Hard and Apricot Sauce *
 Apples, Nuts and Raisins ‡
 Coffee *

SUPPER

Crab Meat, Monza *
 Melba Toast *
 Brick Ice Cream, Pineapple Sauce ‡
 Snow Ball *

POACHED EGGS, VIRGINIA

For each person to be served poach a slice of ham, place on a hot plate and cover with two poached eggs. Serve without toast.

ORIENTAL STUFFING

Peel one dozen chestnuts, boil until tender in boiling salted water and chop fine; boil two-thirds of a cup of rice in boiling salted water until tender, drain and mix with the chopped chestnuts, twenty-four peeled and chopped pistachio nuts, two-thirds of a cup of seedless raisins, one-quarter of a teaspoon of cinnamon, and a seasoning of salt and pepper; when cool use to stuff the turkey.

GLAZED SWEET POTATOES

Boil or steam medium-sized sweet potatoes until tender; cool, peel, and cut in two lengthwise; roll each piece in melted butter and cover lightly with granulated sugar; arrange in a buttered baking dish and bake in hot oven until glazed, basting with a little melted butter.

BAVARIAN SALAD DRESSING

Mix half a teaspoon of salt with one-quarter of a teaspoon of paprika, one teaspoon of French mustard, half teaspoon of powdered sugar, two tablespoons of vinegar, and six tablespoons of olive oil; place in a small jar, seal and shake three minutes.

APRICOT SAUCE

Beat the white of one egg to a stiff froth and beat into it one cup of heated apricot jam; add one teaspoon of almond extract, and one cup of whipped cream.

CRAB MEAT, MONZA

Remove the meat from the shell and claws of a California crab. Heat four level tablespoons of butter in a saucepan and when hot stir in three level tablespoons of flour, mix smooth and stir in gradually two cups of hot milk and half a cup of hot cream. Drain one can of French mushrooms and heat in hot butter until tender, add to the cream sauce with the crab meat, heat and serve on hot plates garnished with toast points.

SNOW BALL

Fill six tall glasses half full with shaved ice. Place in a beverage mixer three teaspoons of powdered sugar, three egg whites, two cups of white grape juice, and one cup of fine ice; shake well and strain into the glasses, filling two-thirds full, fill with cold ginger ale and serve.

DECEMBER

MONDAY

BREAKFAST

Baked Apple with Cream †
 Jelly Omelet *
 Corn Muffins * Marmalade †
 Milk † Coffee *

LUNCHEON

Individual Turkey Pies *
 Combination Salad †
 Hot Rolls *
 Apple Pie with Cream Cheese * †

DINNER

Lobster Chowder *
 Olives †
 Sand Dabs, Spencer *
 Creamed Carrots † Baked Potato †
 Cold Slaw, Sour Cream Dressing †
 Cranberry Tarts *
 Milk † Coffee *

TURKEY PIES

Make a white sauce with four tablespoonfuls of butter, four tablespoonfuls of flour, one teaspoonful of salt, a few grains of cayenne pepper and two cupfuls of milk. When the sauce is thick and smooth, beat in three well-beaten egg yolks and stir and cook two minutes, do not boil. Add three cupfuls of cooked turkey cut in dice and freed from all skin, bone and gristle. Heat and pour into individual baking dishes, cover with a short biscuit dough, brush with milk and bake in a hot oven twenty minutes.

LOBSTER CHOWDER

Place in a saucepan half a cupful of chopped salt pork and one sliced onion; fry brown and add four peeled and sliced potatoes, one can of tomatoes, a bag of cheese cloth filled with six whole allspice, six cloves and six peppercorns, and four cupfuls of cold water. Simmer slowly for three hours; add three cupfuls of cooked lobster meat cut in dice and six water crackers split and soaked in milk. Reheat, season with cayenne pepper and serve.

SAND DABS, SPENCER

Clean and wash six small sand dabs, drain well, cut off the heads and trim off the fins and tails with scissors. Dip each fish in salted milk, cover with sifted bread crumbs, lay in an oiled baking pan, sprinkle with olive oil and bake in a hot oven ten minutes. Place on a hot platter, garnish with sprigs of parsley and lemon slices and serve with tartare sauce.

SOUR CREAM DRESSING

Mix well two tablespoonfuls of sugar, one tablespoonful of flour, one teaspoonful of salt, one-quarter of a teaspoonful of paprika, one-quarter of a teaspoonful of celery salt, and two well-beaten eggs; add one-third of a cupful of vinegar and three tablespoonfuls of butter; place in a double boiler and stir and cook until thick. Add two-thirds of a cupful of sour cream and stir and cook two minutes. Remove from the fire and beat for three minutes. Cool and mix with three cupfuls of finely-shredded cabbage, one teaspoonful of salt and a seasoning of paprika and celery salt.

DECEMBER

TUESDAY

BREAKFAST

Stewed Figs and Cream ‡
 Broiled Bacon *
 With Buckwheat Cakes *

Milk ‡

Coffee *

LUNCHEON

Tagliatelle with Ham *
 Radish and Nut Salad ‡
 Preserved Peaches ‡
 Scotch Shortbread *

Tea *

Milk ‡

DINNER

Consomme with Vegetables *
 Young Onions ‡
 Roast Pork, Apple Sauce * ‡
 Mashed Rutabagas ‡
 Browned Potatoes ‡
 Hearts of Lettuce ‡
 Cheese Dressing ‡
 Lemon Cream Pie *

Tea *

Coffee *

TAGLIATELLE

Boil half a pound of tagliatelle (flat Italian paste) in boiling, slightly salted water until tender; drain well and keep hot. Place in a frying-pan one cupful of chopped raw ham, half a cupful of chopped celery, and four tablespoonfuls of butter; stir over the fire until they start to brown, then add one cupful of broth or water and one cupful of cooked and mashed tomatoes; bring to a boil and simmer fifteen minutes. Place the paste on a hot platter, pour over the sauce and mix lightly, and sprinkle over all grated Parmesan cheese.

SCOTCH SHORTBREAD

Rub into three-quarters of a cup of sifted flour one cup of creamed butter, add half a cupful of sugar and knead well until well blended. Roll out in rounds one inch thick the size of a dessert plate, pinching the edges and pricking the center with a fork. Place on a baking-pan, allowing room to spread and bake in a moderate oven.

ROAST PORK

The cuts of pork that are used for roasting are the loin, leg and the boned shoulder. The skin should be removed but if left on it should be cut in small squares. If too fat remove all superfluous fat and rub the entire surface with a crushed clove of garlic and salt and pepper mixed. Place on a rack in a baking pan, skin or fat side down, and set in a moderate hot oven for thirty minutes, reduce heat to a moderate oven and finish baking. At the start baste every ten minutes, after that every twenty-five minutes. Allow twenty-five minutes to the pound.

CHEESE DRESSING

Rub the yolks and whites of two hard-boiled eggs through a sieve into a bowl that has been rubbed with a clove of crushed garlic; add two tablespoonfuls of grated American cheese and rub to a smooth paste with half a cupful of olive oil; add two drops of tabasco sauce and three tablespoonfuls of mild vinegar and stir until smooth.

LEMON CREAM PIE

Place in the top of a double-boiler one cupful of sugar, sifted with three level tablespoonfuls of cornstarch and four level tablespoonfuls of flour; mix well, and while stirring. Add one and one-quarter cupfuls of boiling water very slowly, cook and stir constantly with a wooden spoon until it boils; place the pan over the hot water bath and beat into the mixture the slightly beaten yolks of three eggs and beat until the eggs are set; do not boil. Remove from the fire, stir in the grated rind and strained juice of two lemons and one tablespoonful of melted butter; cool slightly; pour into a baked pie shell, cover with a meringue made of the three egg whites and two-thirds of a cup of sugar; sprinkle with sugar lightly and brown in a slow oven.

DECEMBER

WEDNESDAY

BREAKFAST

Stewed Rhubarb and Raisins †

Scrambled Eggs *

Hot Cakes *

Milk †

Jam †

Coffee *

LUNCHEON

Cheese and Macaroni Loaf *

Orange and Peanut Salad †

Tea *

DINNER

Tomato and Celery †

Young Onions †

Walnut Sausage † *

Asparagus Timbales, Buttered Carrots †

Grapefruit and Lettuce †

Butterscotch Tarts *

Milk †

Coffee *

CHEESE AND MACARONI LOAF

One-half cupful of macaroni broken into small pieces, one cupful of milk, one cupful of soft bread crumbs, one tablespoonful of butter, one teaspoonful each of chopped onion and parsley, one teaspoonful of salt, one-half cupful of grated cheese, one tablespoonful of chopped green pepper.

Cook the macaroni in boiling salted water until tender, and rinse in cold water. Cook the parsley, onion and pepper in a little water with the butter. Pour off the water or allow it to boil away, and mix all the ingredients. Line a baking dish with buttered paper; turn the mixture into it; set the baking dish in a pan of hot water, and bake in a moderate oven for one-half to three-fourths of an hour. Serve with tomato sauce.

ORANGE AND PEANUT SALAD

One banana, two oranges, one-half a cupful of peanuts.

Remove skin from banana; scrape, and cut in quarters (lengthwise) and thirds (crosswise,) and roll in peanuts finely chopped. Pare oranges, cut in slices (crosswise;) stamp out center, and insert a piece of banana through each slice. Arrange on bed of lettuce, and serve with French dressing.

WALNUT SAUSAGE

One-half a cupful of dried lima beans, one-third of a cupful of bread crumbs, three tablespoonfuls of milk, one-quarter of a teaspoonful of pepper, one-quarter of a teaspoonful of poultry seasoning, one-quarter of a teaspoonful of salt, one teaspoonful of vinegar, one egg, three-quarters of a cupful of walnut meats.

Pick over dried lima beans and soak overnight in cold water to cover. Drain and cook in boiling salted water until soft; again drain and force through puree strainer. Add fine, dried bread crumbs, milk, pepper, poultry seasoning, salt, vinegar, egg, slightly beaten and finely chopped walnut meats. Shape like sausages, saute in butter, browning on all sides. Serve with fried apple slices. Three-fourths of a cupful of leftover fresh beans or mashed potato may be used in place of dried lima beans.

ASPARAGUS TIMBALES

One bunch of asparagus, or one can; one cupful of bread crumbs, one-quarter of a cupful of hot milk, two eggs, one tablespoonful of parsley, one-quarter of a teaspoonful of salt, a few grains of cayenne, one and one-half tablespoonfuls of melted butter, one-half tablespoonful of onion juice.

Cut the tender parts of the asparagus into bits one-half inch long. Wash thoroughly and put into boiling salted water. Boil rapidly for ten minutes and drain thoroughly. In the meantime, cover the bread crumbs with the hot milk. When the crumbs are soft, add the eggs and mix well together. Stir in salt, cayenne, melted butter and onion juice, then stir in asparagus tips, carefully. Grease small timbale molds, sprinkle them with fine minced parsley and fill two-thirds full. Set in a baking pan that contains boiling water, but do not allow the water to reach the top of the molds. Cover with a sheet of greased paper and cook in the oven for twenty minutes. Invert on a heated platter, garnish with parsley and serve with a white sauce,

DECEMBER

THURSDAY

BREAKFAST

Stewed Raisins and Prunes * †

Poached Eggs *

Hot Corn Bread, Jelly * †

Milk †

Coffee *

LUNCHEON

Crab Salad, Astor *

Hot Rolls *

Cream Pie *

Milk †

Tea *

DINNER

Crecy Soup †

Radishes †

English Pot Roast *

Glazed Onions †

Mashed Potatoes †

Cress and Nut Salad †

Fig Layer Pie *

Milk †

Coffee *

CRAB SALAD

Break into flakes two cupfuls of canned crab meat and mix with one cupful of peeled and sliced white celery, five tablespoonfuls of stoned and chopped ripe olives, four tablespoonfuls of chopped sweet pickles, half a cupful of peeled and diced cucumber, four tablespoonfuls of chili sauce and half a cupful of French dressing; mix well, drain and mound on shredded lettuce on cold plates, cover with mayonnaise, sprinkle with capers and garnish with slices of hard-boiled eggs and ripe olives.

CREAM PIE

Mix to a smooth paste three tablespoonfuls of sifted flour and half a cupful of milk; beat two eggs until light and beat into them the flour and milk and half a cupful of sifted sugar. Bring three and a half cupfuls of milk to a boil and beat into the egg mixture; place the mixture in a double boiler and stir and cook until thick and smooth, do not boil. Cool, flavor with one and a half teaspoonfuls of lemon extract and pour into a baked pie shell.

CRECY SOUP

Heat two tablespoonfuls of butter in a large saucepan, add twelve young carrots scraped and sliced thin, two tablespoonfuls of chopped raw ham, one chopped onion, one peeled and chopped turnip, two branches of parsley, one bay leaf and half a teaspoonful of powdered marjoram; stir and cook until the vegetables are tender, add four cups of soup stock, bring to a boil and simmer for two hours; press all through a sieve into a clean saucepan, reheat, add a seasoning of pepper and salt and a grate of nutmeg. Serve with croutons.

ENGLISH POT ROAST

Have the butcher lard a four-pound piece of rump beef with strips of fat salt pork and rub into it a seasoning of salt, pepper and nutmeg. Heat four tablespoonfuls of butter in an iron pot; tie the beef firmly with stout string and fry a nice brown on all sides in the hot butter; strain off the fat in the pot and add to it two cupfuls of consomme, one cupful of tomatoes, two onions, one peeled and diced turnip and three branches of parsley. Cover and cook for three hours, turning often. Place the beef on a hot platter, press the gravy through a sieve into a saucepan, remove the grease, thicken with two tablespoonfuls of flour, cook five minutes and pour around the meat.

DECEMBER

FRIDAY

BREAKFAST

Stewed Rhubarb and Raisins †
Boiled Eggs *

Toast *
Milk †

Jelly †
Coffee *

LUNCHEON

Spaghetti Volpi *
Hearts of Lettuce †
Orange Cream Pie *
Milk †
Chiffonade † *
Tea *

DINNER

Onion Soup †
Ripe Olives †
Baked Rock Bass, Maitre d'Hotel Butter *
Corn Pudding *
Buttered Beets †
Cucumber and Celery Salad †
Italian Lemon Pudding *
Milk †
Coffee *

SPAGHETTI VOLPI

Boil three-quarters of a pound of spaghetti in slightly salted boiling water until tender; drain and keep hot. Wash and remove the bones from five anchovies and chop them fine; heat the anchovies and half a cupful of olive oil in a saucepan, do not boil; when the oil is hot add four tablespoonfuls of butter, half a teaspoonful of paprika, and half a cupful of tomato conserve. Place the cooked spaghetti on a hot platter, pour over the sauce and mix. Serve grated Parmesan cheese in a separate dish.

CHIFFONADE DRESSING

Rub a bowl with a clove of crushed garlic, remove the garlic and mix in it four tablespoonfuls of chopped, cooked beets, four tablespoonfuls of chopped green peppers, four tablespoonfuls of chopped hard-boiled egg, and one cupful of French dressing. Keep very cold until used.

BAKED ROCK BASS

Have the scales, fins and insides removed from a three or four-pound rock bass, wash well and drain. Mix two cupfuls of bread crumbs with three tablespoonfuls of melted butter, two tablespoonfuls of chopped capers, one-quarter of a teaspoonful of salt, one-quarter of a teaspoonful of paprika, one tablespoonful of chopped parsley, and two tablespoonfuls of lemon juice. Cover the bottom of a baking pan with half a chopped onion, two sliced stalks of celery, half a bay leaf, two branches of parsley, and half a cupful of water. Place a rack in the pan, fill the rock bass with the crumb mixture, sew up the belly, tie in an S-shape, place on the rack, lay three thin strips of bacon over the fish and bake thirty minutes in a medium oven, basting every six or seven minutes. Remove carefully to a platter, pull out the strings, cover with maitre d'hotel butter and garnish with parsley branches and sliced lemon.

LEMON PUDDING

Place in a saucepan one thinly sliced lemon, one cupful of sugar, and two cupfuls of water, bring to a boil and simmer slowly twenty minutes. Beat two tablespoonfuls of butter to a cream with half a cupful of sugar, add one well-beaten egg, one cupful of sifted flour sifted with two teaspoonfuls of baking powder and a few grains of salt; add half a cupful of milk, beat smooth, pour into a buttered baking dish. Add one tablespoonful of butter to the hot syrup, mix well and pour over the batter and bake in a moderate oven until the batter leaves the sides of the dish.

DECEMBER

SATURDAY

BREAKFAST

Sliced Pineapple †
Scrambled Eggs *Toast *
Milk †Jam †
Coffee *

LUNCHEON

Veal Cutlets Italian *
Celery Salad †
California Fruit Tart *

Milk †

Tea *

DINNER

Cream of Corn *
Ripe Olives †
Rabbit Pie *

Beets Saute †

Potatoes Paprika †

Cucumber Salad †
Sour Cream Dressing †
Pumpkin Lemon Pie *

Milk †

Coffee *

VEAL CUTLETS ITALIAN

Have the butcher cut rib veal cutlets three-quarters of an inch thick and trim nicely; dredge them with pepper and salt, roll in melted butter, roll in grated Parmesan cheese and cover with beaten egg; cover with sifted stale bread crumbs and season with salt and pepper and saute in melted butter until tender. Cover a hot serving platter with cooked macaroni mixed with Italian sauce, lay on this the cooked cutlets and cover each cutlet with a thin slice of fried ham.

CALIFORNIA FRUIT TART

Scald one cupful of milk in a double boiler; mix half a cupful of sugar with one-third of a cupful of sifted flour and pour over them the scalded milk; mix well, place in the double boiler and stir and cook until it starts to thicken; add one well-beaten egg and stir until thick. Cool slightly, add half a cupful of seedless raisins and pour into a baked pie shell. Rub one cupful of apricot jam through a sieve and spread over the custard; cover the jam with a layer of peeled and sliced banana and just before serving, cover with unsweetened whipped cream.

RABBIT PIE

See page 222

BEETS SAUTE

Cut boiled and peeled beets in even-sized small dice. Heat four tablespoonfuls of butter in a saucepan, add the beets, sprinkle over a seasoning of salt and pepper, a little sugar and a few drops of lemon juice. Toss or stir lightly until thoroughly heated; pile the beets in a hot serving dish, sprinkle with finely chopped parsley, and, if liked, a few chopped mint leaves.

PUMPKIN LEMON PIE

Beat four tablespoonfuls of butter and half a cupful of sugar to a light cream and beat into them the well-beaten yolks of two eggs, the grated rind and juice of half a lemon, one-quarter of a teaspoonful each of ground cinnamon and nutmeg, two teaspoonfuls of orange juice, half a cupful of cream, one and a half cupfuls of cooked and strained pumpkin, and the stiffly beaten white of one egg. Pour the mixture into pastry-lined pie tin and bake in a moderate oven.

DECEMBER

SUNDAY

BREAKFASTIced Orange and Grapefruit Pulp †
Waffles and Honey *

Milk †

Coffee *

DINNERMerry Widow Cocktail *
Chicken Saute, Marengo *
Potatoes a la Reine †
Avocado Salad †
Ice Cream Pie * †

Milk †

Coffee *

SUPPERCreamed Shrimps *
Olive and Nut Sandwiches * †
Apple and Raisin Sauce Cake * †

Milk †

Cocoa †

MERRY WIDOW COCKTAIL

Place in the bottom of chilled champagne glasses six cooked and peeled shrimps; lay on the shrimps six cooked and chilled asparagus tips; season with salt, paprika and few drops of lemon juice, fill the glass with lemon mayonnaise, garnish with finely chopped pimento and green peppers and set in the ice box to thoroughly chill.

CHICKEN MARENGO

Heat in a cup of olive oil in a deep saute pan and when hot add one young chicken disjointed and seasoned with salt and pepper; cook a nice brown on all sides and add one clove of chopped garlic and four green onions cut in small pieces; let cook until the onion is soft, not brown; add half a cup of strained orange juice and cook five minutes; add one cup of chopped tomatoes, one cup of brown gravy, and if liked one can of mushrooms. Cook fifteen minutes. Place on a hot platter and garnish with eggs and diamonds of stale bread fried in oil. Sprinkle over all finely chopped parsley.

POTATOES A LA REINE

See page 325

CREAMED SHRIMPS

Place in a sauce pan one and a half tablespoons of butter, heat, and add one and a half tablespoons of flour, stir until it bubbles and cook for two minutes, be careful not to brown. Stir in slowly one cup of milk, and a seasoning of salt and cayenne. Bring to a boil and stir for ten minutes. If the sauce is beaten after each addition of cold milk there will be no lumps. Add to the sauce the yolk of one egg and stir until the egg is cooked. Add one and a half cups of cooked and peeled shrimps and heat. Serve on squares of buttered toast and garnish with lemon slices and olives.

OLIVE AND NUT SANDWICHES

Spread slices of white bread with creamed butter and spread over these a mixture made with one cup of chopped ripe olives, one cup of chopped walnut meats and six tablespoons of mayonnaise; season with salt and paprika. Cover half of the slices with leaves of crisp, dry lettuce and cover these with the other half of the prepared bread. Press, trim off the crusts, and cut in fingershaped pieces.

DECEMBER

MONDAY

BREAKFAST

Stewed Prunes *
 Rolled Oats With Cream *
 Broiled Ham and Fried Apples *
 Whole Wheat Muffins * Marmalade ‡
 Milk ‡ Coffee *

LUNCHEON

Fish With Green Peppers *
 Field Salad ‡
 Parker House Rolls *
 Marrons Roma ‡
 Milk ‡ Tea *

DINNER

Chilean Soup *
 Celery ‡
 Baked Spareribs With Lentils *
 Baked Potatoes Paprika ‡
 Grape and Nut Salad ‡
 Chocolate Eclairs *
 Milk ‡ Coffee *

FISH WITH GREEN PEPPERS

Remove the stem and seeds from a small green pepper and parboil in boiling water fifteen minutes. Heat two tablespoons of butter, stir in two tablespoons of sifted flour and when it bubbles add one tablespoon of grated onion, one cup of hot milk, a seasoning of salt and pepper, and two teaspoons of chopped parsley; stir and cook until thick and smooth; add one and a half cups of shredded cooked fish, the minced parboiled green pepper and a few drops of lemon juice; heat and pour over squares of toasted bread.

MARRONS ROMA

Boil one pound of chestnuts with water enough to cover for fifteen minutes; drain, remove shells and skins, place in a saucepan with one cup of milk and boil until soft enough to rub through a sieve. Butter a mold and line the bottom and sides with a layer of the chestnut puree; fill one-third full with thick apple sauce colored pink with current jelly; add another third of chestnut puree, fill the mold with thick apple sauce, add the juice of one lemon, and bake in a moderate oven until firm. Unmold on a serving dish and place around some whipped cream colored with melted currant jelly.

CHILEAN SOUP

Heat two-thirds of a cup of chopped beef suet in a frying pan, add four tablespoons of chopped onion and one-quarter of a teaspoon of cayenne; simmer five minutes and strain into a clean frying pan; cut four slices of stale bread in halves and fry until crisp and brown in the hot suet. Line a hot tureen with the bread slices; sprinkle over the leaves from two branches of mint, one teaspoon of apple vinegar, and one egg beaten with a little salt and cayenne; heat four cups of clear beef broth to a boil and pour over the contents of the tureen. Serve with a spoonful of grated cheese in each plate.

GRAPE AND NUT SALAD

Mix in a cold bowl one cup of seeded and peeled white grapes, one cup of broken walnut meats, one cup of diced celery, half a cup of diced pineapple, and one head of shredded lettuce; mix well, add half a cup of lemon French dressing and serve on lettuce covered plates garnished with a spoonful of cream mayonnaise.

DECEMBER

TUESDAY

BREAKFAST

Sliced Oranges ‡

Poached Eggs *

Waffles *

Milk ‡

Honey ‡

Coffee *

DINNER

Los Angeles Canapes *

Ripe Olives ‡

Salted Almonds ‡

Celery ‡

Royal Bouillon *

Bread Sticks *

Roast Goose, Chestnut Stuffing *

Squash in Shell ‡

Maitre D'Hotel Potatoes ‡

Cranberry Punch *

Pear Salad ‡

Plum Pudding, Creamy Hard Sauce *

Salted Nuts ‡

Bonbons *

Coffee *

SUPPER

Clubhouse Sandwich *

Jam Dainties ‡

Vienna Chocolate ‡

LOS ANGELES CANAPES

Cut bread in half-inch slices and shape with a circular cutter. Score one-third of an inch from edge and remove part of center. Saute in olive oil. Fill case with seasoned caviare. Pipe green butter on edge with bag and small tube, and dot over with pearl onion. Over caviare sift hard-boiled egg yolk.

ROYAL BOUILLON

To make three pints of rich bouillon, take two and a half pounds of lean beef, that has been finely chopped, and cover with two and a half quarts of cold water, allowing it to stand for one hour; then cover and place on a moderate fire, only just simmering for three hours; remove any scum that may arise; now add one small onion, one carrot, a sprig of parsley, one bay leaf, two cloves, four peppercorns, and two stalks of celery, all cut into dice, and simmer until the vegetables are tender. Strain into an earthenware bowl and let cool without covering. When ready to serve, remove any grease and place in a granite saucepan with the white of one egg, stirring until it boils; then strain again through a fine cloth without pressing and serve immediately.

BREAD STICKS

One cupful scalded milk, one cake compressed yeast, one-fourth cupful lukewarm water, one level tablespoonful sugar, one-half level teaspoonful salt, one egg white, stiffly beaten, two level tablespoonfuls butter, three and one-half cupfuls flour.

Break up the yeast into small bits, add the lukewarm water and mix for one minute. Add the milk, sugar, salt, egg white and butter. Slowly add the flour until the mixture is stiff enough to roll in fingers. Form into balls one inch in diameter. Roll in the shape of a lead pencil and set on a greased pan. Let rise until double in bulk and then bake in a quick oven for fifteen minutes.

SQUASH IN SHELL

Carefully cut the top from a squash preferably oval in shape, though round ones may be used. Steam it until tender. Scrape out the pulp and pass it through a vegetable sieve or mash it and beat until very smooth. Make a cream sauce; melt two tablespoonfuls of butter, add two tablespoonfuls of flour, and when blended, one cupful of milk. Season highly with salt and pepper, and cook until thickened, stirring to prevent lumps. Beat into the squash pulp, season again if not sufficient, and pack the mixture into the shell. Cover with buttered crumbs and a sprinkle of Parmesan cheese. Brown in a hot oven, and serve from the shell.

MAITRE D'HOTEL POTATOES

Wash and pare potatoes and cut in one-half-inch cubes or fancy shapes; there should be two cupfuls. Cook in boiling salted water until soft, drain, and add Maitre d'Hotel butter.

DECEMBER

WEDNESDAY

BREAKFAST

Stewed Raisins and Prunes † *

Egg Toast *

Toast *

Milk †

Jelly †

Coffee *

LUNCHEON

Stuffed Shoulder of Lamb *

Creamed Carrots with Chives †

Potato Salad †

Coffee Cream Pie *

Tea *

DINNER

Mock Crab Bisque †

Salted Almonds †

Boned Fresh Ham *

Fried Cauliflower †

Mashed Potato †

Bechamel Salad †

Raspberry Cream Pie *

Coffee *

STUFFED SHOULDER OF LAMB

Have the blade bone removed from as large a shoulder of lamb as the market affords and stuff the meat with savory stuffing, sewing up the slit with coarse thread. Lay in a stew pan four slices of bacon, then lay in the lamb, and add two grated onions, a half stalk of chopped celery, a small bunch of savory herbs, and one quart of white stock. Stew evenly and gently for two hours. Then lift the meat, lay it on a hot platter, and reduce, by boiling, the gravy to one half the quantity, thicken it slightly with browned flour and turn over the meat. Serve mashed potato, and creamed carrots with the lamb.

BONED FRESH HAM

It had better not be too big—ten pounds is about the limit. Have the bone removed, but do not throw it away. Instead break it in pieces and boil them three hours in water to barely cover. Wipe the ham well inside and out, rub the inside over lightly with butter, season with salt and pepper, and pour in a little vinegar. Rub salt well over the outside and let it stand on ice several hours. Make a stuffing of grated breadcrumbs, with minced pork fat, a sprig of celery chopped fine, half an apple, also chopped fine, salt, pepper, paprika, a pinch of sage in powder and the least shred of thyme and lemon peel. A chestnut stuffing can be used, or one whose foundation is grated sweet potato. Fill the bone cavity, firmly but not too full, skewer or sew together the cut edges, and tie around twice with narrow tape. Turn over, score the skin well, rub it with soft butter or bacon fat, dredge lightly with flour, then with black and red pepper, also lightly with sugar, and lay on low rack in a pan. Fill in sweet cider till it stands halfway up to the ham, cover with a close fitting upper pan, and put in hot oven. Cook for two hours lifting the pan now and then and basting the meat. Uncover, and bake, very, very crisp. Serve on a hot dish with candied sweet potatoes laid around. Add boiling water to the liquor in the pan, shake it well and pour into a gravy boat. Or pour off the grease, add a sprinkle of flour, let it brown on the top of the stove, and put to it the strained liquor the bone was boiled in. Cook three minutes and serve in the gravy boat. If the bone liquor is not used this way, make it the foundation of pea or cabbage soup.

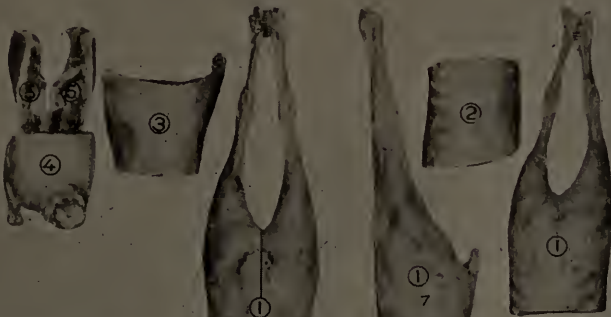
RASPBERRY CREAM PIE

Line a deep pie pan with very rich crust, spread the crust thickly with red raspberry jam, then pour upon it raw, a custard made from two eggs beaten well with one cupful of milk, and one tablespoonful sugar. Bake until custard is well set, let cool, and spread with whipped cream. Serve as cold as possible.

Courtesy of

NATIONAL LIVE STOCK AND MEAT BOARD
U. S. DEPARTMENT OF AGRICULTURE

LAMB CHART



WHOLESALE CUTS

① ② AND ⑥ HIND SADDLE

- ① LEG
- ② LOIN
- ⑥ FLANK

③ ④ AND ⑤ FORE SADDLE

- ③ HOTEL RACK
- ④ CHUCK
- ⑤ BREAST

RETAIL CUTS

① LEG

- 1 TO 4 CHOPS
- 7-ROAST

② LOIN

- 1 TO 13 LOIN AND KIDNEY
- CHOPS OR ROAST

③ HOTEL RACK

- 1 TO 13 RIB OR FRENCH CHOPS

④ CHUCK

- 1-ROASTS AND STEWS

⑤ BREAST

- 1-STEWS OR BONED AND
- ROLLED ROASTS

⑥ FLANK

- 1-STEWS



CHUCKS & BREASTS

HOTEL RACK

LOINS

LEGS

Numerals in circles () refer to wholesale cuts. Other numerals refer to retail cuts.

YIELDS OF WHOLESALE CUTS

PER CENT OF CARCASS

- ① ② & ⑥ HIND SADDLE 50.0%
- ③ ④ & ⑤ FORE SADDLE 50.0%

SUBDIVISIONS - PER CENT OF CARCASS

- ① LEGS 33.0%
- ② & ⑥ LOIN AND FLANK 17.0
- ③ HOTEL RACK 12.0
- ④ CHUCK INC. NECK 23.5
- ⑤ BREAST INC. SHANK 14.5

Courtesy of

NATIONAL LIVE STOCK AND MEAT BOARD,
U. S. DEPARTMENT OF AGRICULTURE

BEEF CHART

WHOLESALE AND RETAIL CUTS

① HIND SHANK

1 TO 3 SOUP BONES
4-KNUCKLE

⑥ FLANK

1-FLANK STEAK
2-STEWES OR HAMBURGER

⑫ PLATE

1-STEWES OR BONED AND
ROLLED ROASTS
2-SHORT RIBS

⑪ BRISKET

1-STEWES OR BONED AND
ROLLED ROASTS

⑩ FORE SHANK

1 TO 3 SOUP BONES
4-SHOULDER CLOD

② ROUND

1 TO 14 ROUND STEAKS
15 HEEL OF ROUND

③ RUMP

STEAKS OR ROASTS

④ LOIN END

1 TO 6 SIRLOIN STEAKS

⑤ SHORT LOIN

1 TO 3 CLUB OR DELMONICO
STEAKS
4 TO 11 PORTERHOUSE
STEAKS

⑦ RIB

1 TO 4 RIB ROASTS
5 SHORT RIBS

⑧ TRIMMED CHUCK

1 & 2 BOTTOM CHUCK ROASTS
3 & 4 TOP CHUCK ROASTS
5 TO 7 CHUCK RIB ROASTS

⑨ NECK

1-BONELESS ROASTS
STEWES OR HAMBURGER



Numerals in circles ○ refer to wholesale cuts and major subdivisions of such cuts. Other numerals refer to retail cuts.

WHOLESALE CUTS AND SUBDIVISIONS

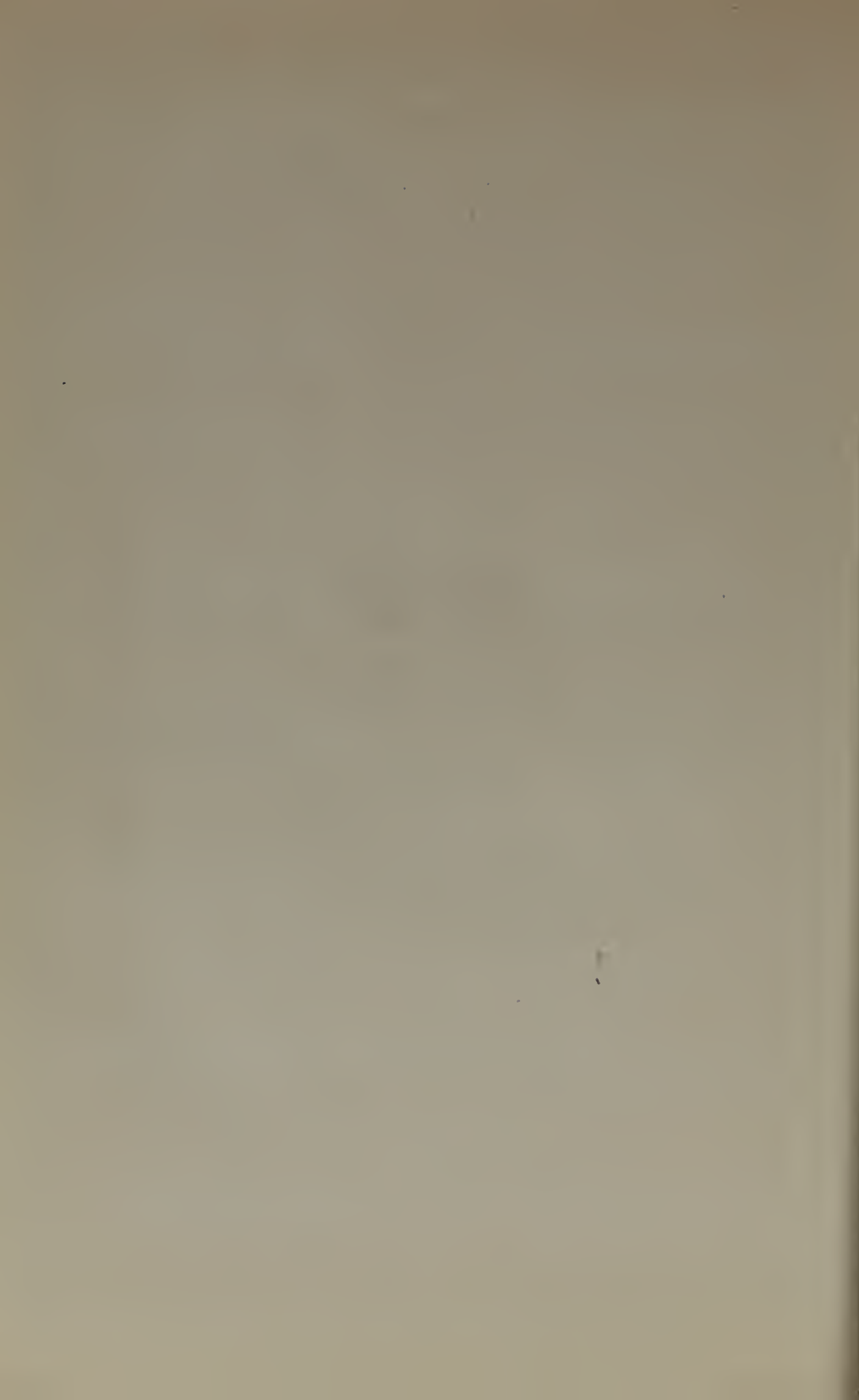
ALL PERCENTAGES BASED ON CARCASS WEIGHT

① TO ⑥ HINDQUARTER	48.0%	⑦ TO ⑫ FOREQUARTER	52.0%
① TO ③ ROUND AND RUMP	24.0	⑦ RIB	9.5
① HIND SHANK 4.0%		⑧ & ⑨ CHUCK	22.0
② BUTTOCK 15.0		⑧ TRIMMED CHUCK 17.0%	
③ RUMP 5.0		⑨ NECK 5.0	
④ & ⑤ FULL LOIN	20.5	⑩ FORE SHANK	5.5
④ LOIN END 7.0		⑪ BRISKET	6.5
⑤ SHORT LOIN 13.5		⑫ PLATE	8.5
⑥ FLANK	3.5		



RECIPES





SALADS

DANDELION SALAD † *

Look over carefully and wash the dandelions in several waters. To one pint dandelion cut in inch pieces, add three hard boiled eggs, sliced. Four medium sized potatoes, boiled with the skins on (remove skins and slice while still warm), three young green onions, cut very fine; cut eight slices of bacon in small pieces and fry till brown. There should be a good half a cupful or more. One-half cup of warm vinegar, salt and pepper to taste, combine all the ingredients, mix well and serve.

BARBARA SALAD †

Cover salad plates with crisp leaves of lettuce; on these place selected white chicory, on the chicory place tender branches of water cress, and on the cress place peeled, chilled, and quartered tomato. Pour around the tomatoes pierrette dressing.

HUNTINGTON SALAD † *

Pare and steam until tender two medium sized white potatoes, cool and cut in even sized dice, and mix in a bowl rubbed with a clove of garlic. One cup of cooked young peas, one cup of French button mushrooms, one cup of finely chopped celery hearts, one cup of pickled, pearl onions, cut in halves; mix lightly, with half a cup of white mayonnaise and two teaspoons of tarragon vinegar. Line salad plates with shredded lettuce hearts and mound the salad mixture on them in pyramid form. Garnish with capers and nasturtium flowers.

RUSSIAN SALAD † *

For the Russian salad fill a salad bowl with equal layers of sliced firm lettuce, sliced cooked carrots, cooked green peas, asparagus tips, and diced cucumbers. Make a dressing by mixing one cupful of mayonnaise with three tablespoons of chili sauce, three tablespoons of chopped pimiento, one tablespoon of tarragon vinegar, one tablespoon of chopped chives, and one teaspoon of Worcestershire sauce. Pour the dressing over the salad and garnish with hard boiled egg cut in slices and strips of pimiento and sweet green pepper.

ROMAINE SALAD DRESSING †

Rub a small cold bowl with a crushed clove of garlic, remove the garlic, and mix in it one-quarter of a teaspoon of salt, one-quarter of a teaspoon of paprika, six tablespoons of olive oil, and add slowly twelve drops of Worcestershire sauce, mix well and add slowly, stirring constantly, two tablespoons of tarragon vinegar.

MASHED POTATO SALAD † *

Place three cups of hot mashed potatoes in a bowl, and while hot beat into them one-quarter of a teaspoon of mustard, four tablespoons of butter, one-eighth of a teaspoon of paprika, four tablespoons of finely chopped parsley, two teaspoons of onion juice, one tablespoon of tarragon vinegar, two tablespoons of white vinegar, and one beaten egg. Beat until light. Place on the ice until thoroughly chilled, and lay in spoonfuls on crisp lettuce leaves. Garnish with sprigs of parsley, and rings of hard boiled egg.

FRENCH LETTUCE SALAD † *

Break into small pieces one well washed large head of lettuce, and mix with six tender leaves of mustard, and six branches of watercress broken in small pieces. Make a dressing with six tablespoons of olive oil, mixed with two tablespoons of lemon juice, one tablespoon of tarragon vinegar, one teaspoon of salt, and one-quarter of a teaspoon of paprika. Mix the dressing and salad lightly and serve on lettuce covered plates garnished with slices of boiled beets and hard boiled eggs.

POMONA SALAD †

Peel and cut in dice two oranges, remove all the white membrane, peel two firm ripe bananas and cut in quarter inch slices, peel and seed one pound of firm ripe grapes, break two dozen walnut halves in four pieces. Mix the oranges, bananas, walnuts, and half a cup of Lemon French dressing in a cold bowl. Chill and serve on lettuce covered plates.

MONROVIA SALAD ‡

Peel a medium sized avocado, cut in strips like French fried potatoes, and cut the strips in dice; peel and cut in dice three firm ripe bananas and mix with the diced avocado. Add one cup of diced pineapple and half a cup of lemon French dressing. Mound on plates covered with a clean grape leaf and garnish with ripe olives and maraschino cherries.

BANANA SALAD ‡

Peel firm ripe bananas, cut in thin slices, roll the slices in cream salad dressing, and then roll them in finely chopped walnut meats. Arrange the slices on a mound on lettuce covered plates and garnish with strips of red and green pepper. Serve extra salad dressing in a boat.

FROZEN FRUIT SALAD ‡

For the frozen fruit salad, peel and cut in dice five oranges, and mix with the pulp of two grapefruit, one large can of sliced pineapple cut in dice, one cup of plump raisins, one cup of broken walnut meats, two cups of chopped maraschino cherries, and half a cup of chopped toasted blanched almonds. Drain the fruit well, mix one cup of whipped cream with two cups of stiff lemon mayonnaise dressing, and mix into them the fruit mixtures. Fill a wet round or square mould two-thirds full with the mixture, pack in two parts of fine ice, and one part of coarse salt, and let stand two and one half hours. Serve in slices on a bed of chilled lettuce, and garnish with cream mayonnaise, whole maraschino cherries and broken walnut meats.

BUTTER SALAD DRESSING *

Mix one scant teaspoon of salt, with one tablespoon of sugar, one teaspoon of dry mustard, and the yolks of two eggs, mix well and add a few drops at a time half a cup of melted butter, the stiffly beaten whites of two eggs, and one-third of a cup of strained lemon juice. Mix well, place in a double boiler, stir and cook until thick. Set in a cool place to chill before using.

CANADIAN SALAD DRESSING *

Mix the yolk of one egg with one tablespoon of sugar, one teaspoon of flour, half a teaspoon of mustard, and half a cup of milk. Pour into a double boiler, and stir until it starts to thicken, add two tablespoons of butter and half a cup of vinegar, mix well, and use hot, over slaw or cold on lettuce.

PIERRETTE DRESSING

In a bowl rubbed with a clove of garlic mix well one tablespoon of chopped watercress leaves, one tablespoon of tarragon vinegar, one tablespoon of lemon juice, four tablespoons of chili sauce, and six tablespoons of good olive oil.

ROSE SALAD

Place a whole hollowed-out ripe tomato on a bed of lettuce, and fill with new peas, rosettes of cauliflower, cubed string beans and red beets. Mask with red mayonnaise, sprinkle paprika on top, garnish the base of the tomato with pimienta.

RINCONITA SALAD

Dip a slice of pineapple in thin mayonnaise and then the top in finely chopped almonds, place on a bed of lettuce and garnish with six half dates, equal distance apart all around the edge of the pineapple with the ends pointing toward the center, garnish the center between the dates with cherries or strawberries and place a rosette of stiff mayonnaise, in the center.

BECHAMEL SALAD

One cup of diced carrots, one-half cup of green beans, one-fourth cup of diced celery, one level tablespoon chopped parsley, one level tablespoon chopped onion, one level tablespoon chopped green pepper, one half cup of salad dressing, one level teaspoon of salt. Mix the ingredients altogether, and serve very cold on lettuce garnished plates.

MISCELLANEOUS RECIPES

AMERICAN CHOP SUEY *

For the chop suey place in a saucepan two pounds of lean pork cut in dice and two tablespoons of butter; stir over a hot fire until the meat is browned; add two cups of thinly sliced white celery and one cup of chopped onions, stir and cook three minutes; add four tablespoons of soyu sauce and one cup of hot meat stock or water; mix well, stir in two tablespoons of molasses and simmer slowly for one hour. Just before removing from the fire add two cups of cooked noodles, heat and serve in a border of steamed rice. Dried mushrooms soaked in warm water and added at the time the meat stock is added are a nice addition.

CHICKEN CHOP SUEY *

For the chop suey place a small cleaned chicken in a pot, cover with water, bring to a boil and simmer until tender. Lift out the chicken, remove the meat from the bones and cut in shreds. Return the bones to the pot, bring to a boil and boil until the liquid is reduced to one cup; strain the liquor into a clean saucepan. Cut half a pound of lean pork into shreds and fry a nice brown; add the fried pork to the shredded cooked chicken with half a cup of tender white celery cut in very thin slices, one tablespoon of finely chopped onion, six soaked and chopped Chinese dried mushrooms, six thinly sliced water chestnuts, half a cup of parboiled bean sprouts, four tablespoons of parboiled and chopped green pepper, a small piece of chopped dried ginger and the chicken stock. Season lightly with salt, one tablespoon of soyu sauce and one tablespoon of guyow sauce. Simmer twenty minutes and serve in a border of cooked rice.

Chop suey means a mixture of small pieces. The dish was unknown in China until about ten years ago. Chop suey is the invention of a Chinese cook who had the best Chinese restaurant in San Francisco twenty-five years ago.

Soyu and guyow sauces can be had of a good Chinese grocer. The water chestnuts, dried mushrooms and bean sprouts can be had of any Chinese or Japanese grocer.

The above is as near like the original Chinese Chop Suey recipe as we can make it.

ENGLISH CURRIED CHICKEN *

Clean and cut as for stewed chicken, one medium sized young chicken, and fry lightly in four tablespoons of butter. Remove the chicken from the pan and lay on a plate in a warm place. Add to the butter in which the chicken was fried one finely minced onion and cook until clear, do not brown, then add one tablespoon of flour and one tablespoon of currie powder, cook for three minutes, then stir in one and a half cups of white stock and stir until it boils. Add the chicken, one tablespoon of shredded cocoanut, one tablespoon of chutney, one apple, peeled, cored and sliced, two teaspoons of lemon juice and a seasoning of salt. Cover and cook slowly for forty-five minutes, or until the chicken is tender. Arrange the chicken on a hot platter. Add two tablespoons of cream to the sauce and strain over the chicken. Serve boiled rice and chutney in separate dishes.

OLD STYLE CHICKEN PUDDING *

Stew two young chickens that have been disjointed, in a saucepan with two tablespoons of butter, a seasoning of salt, pepper and chopped parsley. When the chicken is tender, drain off nearly all of the gravy and add the chopped giblets, thickened and season and place in a separate dish or sauce boat. Place in a baking dish layers of the cooked chicken and finely minced boiled ham and over all pour a batter made by beating three eggs into two cups of milk, one cup of sifted flour and one tablespoon of melted butter. Bake in a medium oven and serve with the gravy. This can also be cooked in individual earthenware baking dishes and served with browned sweet potatoes. Would make an excellent supper or luncheon.

SALMON HOLLANDAISE *

To make this place three pound cut of salmon in a kettle with a slice of lemon, a slice of onion, a bay leaf, a sprig of parsley and cover with cold water, and add one tablespoon of salt; bring slowly to a boil, removing scum, and allow to simmer until done. Drain and serve with Hollandaise sauce. For the Hollandaise sauce, place in a double boiler six tablespoons of butter and two egg yolks and stir briskly until the butter is dissolved. Add one tablespoon of flour, the juice of half a lemon, one cup of milk and season with nutmeg, pepper and salt. Stir constantly until the sauce is thick as custard.

BAKED SALMON WITH CREAM SAUCE *

Butter a sheet of paper on both sides and wrap the fish up in it, pinning the ends securely together. Lay in the baking pan, and pour six tablespoons of butter and water over it. Turn another pan over all and steam in a moderate oven for three-quarters of an hour, lifting the cover from time to time, to baste and assure yourself that the paper is not burning. Meanwhile, have ready in a saucepan a cup of cream, in which you would do well to dissolve a bit of soda a little larger than a pea. This is a wise precaution whenever cream is to be boiled. Heat this in a vessel placed within another of hot water; thicken with two level teaspoons of cornstarch; add a tablespoon of butter, pepper, and salt to taste, a liberal pinch of minced parsley, and when the fish is unwrapped and dished, pour half the dressing slowly over it, sending the balance to the table in a boat. If you have no cream use milk, and add a beaten egg to the thickening.

AVOCADO EN SURPRISE † *

Cut an avocado in two, scoop out the flesh, press it through a sieve, season, add a little mayonnaise to bind the whole to a smooth consistency, and refill the shells, leaving the hollow space in center where stone was. Rub part of the flesh with the yolk of a hard boiled egg through a sieve, season, and color with a few drops of Soya sauce. Shape this mixture into the form of the kernel and replace in the center to imitate stone. Serve on a bed of lettuce leaves.

STUFFED AVOCADO † *

Remove the flesh of the avocado, cut in small cubes, and fry in butter with a few fresh mushrooms cut fine and cooked lean ham. Add a tablespoon of cream sauce, some white bread crumbs, chopped parsley, salt, pepper, grated nutmeg, and bind with yolk of raw egg. Refill in the shells, sprinkle liberally with grated Parmesan cheese, and bake slowly in the oven.

AVOCADO WITH RICE † *

Cook one cup of rice in milk, sweetened with sugar and flavored with vanilla. When cooked, incorporate a little butter and cool. Cut peeled avocados in halves, macerate in vanilla syrup and cognac. Dish up rice on a silver platter, making a depression in the center, in which the avocados will be disposed in a ring. Cover the outer part of the border of rice with meringue, powder with sugar, and bake in hot oven. Glaze the avocados with orange jelly before serving.

FRIED BEAN SPROUTS †

Chop fine a quarter of a pound of fresh pork fat, place in a hot iron frying pan and cook until brown; add one pound of dry bean sprouts and stir and cook five minutes; add a seasoning of salt and pepper and three tablespoons of soya; cover tight and simmer fifteen minutes.

NUT AND FRUIT PUDDING † *

Beat one-third of a cupful of butter to a cream and beat into it slowly one-third of a cup of sugar; beat until light and creamy and beat in two eggs, one egg at a time, beating well after the addition of each egg. Add one cupful of sifted flour, one cupful of soft bread crumbs, half a cupful of seedless raisins, four tablespoons of finely chopped blanched almonds, one teaspoon of lemon juice, and half a teaspoon of grated lemon rind. Pour into a buttered pudding mold and steam two hours. Serve with cream walnut sauce.

CHOCOLATE PUDDING *

Beat to a cream four tablespoons of butter; add the yolks of three eggs, one at a time, and beat smooth after the addition of each yolk. Beat in four tablespoons of sugar, four tablespoons of grated chocolate, and half a cupful of grated bread crumbs. Add the stiffly beaten whites of three eggs, pour into six slightly buttered individual pudding molds, set in a pan of boiling water, that will reach up half their height, and set in a hot oven for thirty minutes. Unmold on hot dishes and pour over a cream walnut sauce.

GOLDEN BUCK * †

One quarter of a pound of cheese, two eggs, one tablespoon of butter, one and a half teaspoons of Worcestershire sauce, one-half teaspoon of lemon juice, two tablespoons of ale, pepper and salt to taste. Finger-shaped pieces of hot buttered toast, grate or chop the cheese fine, put it into the saucepan with butter and ale, and stir it over the fire until it is of the consistency of cream. Then add the eggs well beaten, the Worcestershire sauce, lemon juice, salt and pepper to taste, stir this over the fire until the mixture thickens. Arrange the toast on a hot platter, pour the mixture over it and serve immediately.

WHOLE WHEAT RECIPES

Use whole wheat macaroni and noodles with any sauce. All whole wheat products are made of one hundred percent (100%) whole wheat, mixed with water and dried. These products are the purest whole wheat foods sold.

Whole wheat products are rich in Vitamins A. and B. and when served with a green salad they furnish all of the nutriment necessary for growing children and adults.

Any whole wheat products can be used the same as any other macaroni, noodles or paste with the same sauce. Do not cook as long or use any salt until after they are cooked, as salt has a tendency to toughen them.

BAKED WHOLE WHEAT MACARONI *

Place two quarts of water in a saucepan, and bring to a boil. Add slowly one package of whole wheat macaroni and boil fast until tender, twelve to fifteen minutes. Drain well, place in a baking dish, season with two tablespoons of butter, salt and pepper; fill dish two-thirds full with sweet milk, sprinkle over half a cup of cheese and bake a nice brown.

WHOLE WHEAT SALAD *

Drop one package of whole wheat macaroni into fast boiling water and boil until tender, drain well and cool. Place the cold whole wheat macaroni in a cold bowl and mix with two-thirds of a cup of French dressing, one chopped pimiento, one chopped green pepper and one cup of chopped white celery. Serve on a bed of shredded lettuce.

WHOLE WHEAT NOODLES *

Break one package of whole wheat noodles into two quarts of fast boiling water and boil until tender; drain well, mix with half a cup of grated cheese and fry crisp in hot butter.

WHOLE WHEAT MACARONI SALAD * †

Boil two cups of whole wheat macaroni in boiling water until tender, not too soft. Cool, place in a bowl rubbed with half an onion, add two cups of diced celery, one chopped pimiento, one chopped green pepper, and two-thirds of a cup of French dressing; mix well, mound on lettuce covered plates, cover with mayonnaise and garnish with ripe olives and slices of radishes.

WYMAN HEALTH BREAD *

For the whole wheat bread dissolve three cakes of yeast in one cup of lukewarm water, add one and a half tablespoons of salt and three and a half level tablespoons of sugar. Sift nine cups of one hundred percent whole wheat flour and mix to a smooth dough with five and a half cups of lukewarm water, add the dissolved yeast mixture and knead five minutes. Place in a buttered bowl, cover and stand in a warm place for two hours or until it rises, and starts to drop. Punch down and let rise thirty-five minutes, turn out on a whole wheat flour dusted board, knead well, form into three even sized loaves, place in buttered pans. let rise in a warm place fifteen minutes, place in a moderate oven and bake fifty minutes.

HONEY BRAN COOKIES *

For the honey drop cookies beat half a cup of butter to a cream and beat into it two well beaten eggs, and one cup of honey; beat smooth, add the grated rind of half an orange, one and a half cups of sifted flour sifted with four teaspoons of baking powder and a quarter of a teaspoon of salt; mix well, add one and a half cups of bran and drop from a teaspoon onto a buttered tin; bake a nice brown in a moderate oven.

CHEESE CAKE * †

Three tablespoons butter, four tablespoons whole wheat flour, one teaspoon salt, few grains cayenne, four tablespoons grated American cheese.

Melt the butter, add the flour, and stir until well mixed; then add the grated cheese. Season with salt and cayenne. Drop from tip of spoon on a buttered sheet one inch apart and bake in a moderate oven.

COCOANUT DROP COOKIES † *

One cup sugar, two-thirds cup shortening, one and three-quarters cup one hundred percent whole wheat flour, three-quarters level teaspoon soda, one cup milk, three quarters cup cocoanut, pinch of salt and nutmeg.

Cream sugar, nutmeg, salt and shortening together, dissolve soda in milk, and add; next stir in flour and cocoanut. Drop on lightly greased pans and bake in moderate oven about fifteen minutes.

OATMEAL COOKIES *

One and one-quarter level cup of sugar, one-half cup shortening, one and one-half cups of one hundred percent whole wheat pastry flour, one-half cup milk, one-half teaspoon soda, two cups oatmeal, pinch of cinnamon and nutmeg.

Mix together sugar, shortening, salt and spices, then soda dissolved in milk. Last add flour and oatmeal. Break off in pieces size of walnut and mash on pan with palm of hand.

SCOTCH SHORT BREAD *

One-half cup butter, one-quarter cup sugar, one cup one hundred percent whole wheat pastry flour, lemon and salt.

Cream until very light, butter, sugar, salt and lemon; then work in sifted flour. Care should be taken to work in flour thoroughly as this makes a very heavy crumbly paste. Then roll in round pieces about one-half inch thick and crimp the same as the edges of pies. Paper bottom of a pan and bake in slow oven about fifteen minutes.

GINGER COOKIES * †

One cup sugar, one-half cup shortening, two and one-half cups one hundred percent whole wheat pastry flour, one-half cup dark molasses, one-half cup water, three-quarters level teaspoon soda, pinch of ginger and salt.

Cream ginger, salt, sugar and shortening together, then stir in molasses, next add soda dissolved in water, next mix in flour, being careful not to over mix. Break off in pieces about size of walnut and mash on pan. Bake in medium oven.

COFFEE BISCUITS *

Beat to a cream one-quarter of a pound of butter with three-quarters of a cup of sugar. Add two well beaten eggs; sift one cup of flour with two level teaspoons of baking powder, one-fourth teaspoon of salt, one-half teaspoon of vanilla, and one-half cup of coffee infusion. Mix well and pour onto a greased and floured baking sheet and bake in a moderate oven thirty minutes. When cold cut in fingers and spread with the following filling:

Cream one-quarter of a pound of butter with one cup of Confectioners' XXXX sugar, a few drops of vanilla and two tablespoons of coffee infusion. Place two of the strips together and serve.

CREAM PUFFS *

Three-quarters cup water, three tablespoons shortening, four eggs, two-thirds cup one hundred percent whole wheat flour, pinch of soda, pinch of salt.

Boil together, water, shortening and salt. When boiling good stir in flour and scald thoroughly. Take from stove and stir in one egg at a time. After eggs are all in put in salt and soda. Drop on lightly greased pans and bake in a medium oven about twenty minutes.

WHOLE WHEAT SCONES *

Sift one and a half cups of fine whole wheat flour with half a cup of white flour, half a teaspoon of salt, four level teaspoons of baking powder, and one teaspoon of sugar. Rub into this three tablespoons of butter and when like fine meal, add gradually one and one half cups of milk. Mix lightly, turn out on a floured board, roll in round shapes, one inch thick, cut in four wedge shaped pieces, brush with beaten egg and bake fifteen minutes in a hot oven. Nice served with marmalade for tea.

HOE CAKE *

Two cups yellow cornmeal, one-quarter cup sugar, two cups milk, two tablespoons butter, one half teaspoon salt.

Mix the dry ingredients together with the butter. Scald the milk and pour into the meal, stirring constantly. Cook directly over the fire until thickened. Drop by spoonfuls on a buttered pan, and bake in a hot oven until evenly browned.

WHOLE WHEAT COOKIES *

Beat two-thirds of a cup of butter to a cream with one and a half cups of sifted sugar; beat until light and creamy and beat in two beaten eggs, one cup of chopped seeded raisins, two cups of one hundred percent fine ground whole wheat flour sifted with one teaspoon of cinnamon, one teaspoon of mace, one teaspoon of cloves, one-quarter of a teaspoon of salt, and add one teaspoon of soda dissolved in four tablespoons of sour milk; mix well, drop by teaspoons onto buttered baking pans and bake in a hot oven.

WHOLE WHEAT WAFFLES *

For the waffles sift two cups of sifted flour with one-quarter of a teaspoon of salt, four level teaspoons of baking powder, and two teaspoons of sugar; add to these the well beaten yolks of three eggs mixed with two cups of milk; add one tablespoon of melted butter and beat smooth. Fold in the stiffly beaten egg whites; place a tablespoon of the batter in each section of the waffle iron and bake until crisp and they will leave the iron clean. The waffle iron should be hot. Never wash the waffle iron, brush it clean with a stiff brush if any of the batter sticks to it.

WHOLE WHEAT SHORT CAKE *

In using whole wheat flour in place of wheat flour in short cakes, cookies, muffins, waffles, hot cakes, layer cakes, doughnuts, etc., add about one-quarter more moisture than the recipe calls for when white flour is used; this is for one hundred percent fine ground whole wheat flour.

To make the short cake, sift two and a half cups of sifted one hundred percent fine ground whole wheat flour with two tablespoons of sugar; two-thirds of a teaspoon of salt and five level teaspoons of baking powder; rub into these three tablespoons of butter and when like coarse meal work to a smooth dough with one beaten egg and one and a half cups of milk; divide into two equal parts, place in two buttered layer cake tins, pat out smooth, brush with melted butter and bake in a hot oven fifteen minutes. Spread berries mashed with sugar between the layers, cover with crushed berries and serve with cream.

HONEY WHOLE WHEAT CAKE * †

Sift two and a half cups of sifted whole wheat flour with one teaspoon of salt and one level teaspoon of baking soda. Mix one cup of honey with two well beaten eggs, the dry ingredients, and one cup of creamed butter. Beat smooth and bake in buttered and floured layer cake tins.

BRAN FIG MUFFINS * †

Sift two cups of flour with one cup of whole wheat flour, one teaspoon of salt, six level teaspoons of baking powder and a little mace. Add to this half a cup of bran, two beaten eggs, one cup of chopped dried figs, two tablespoons of melted butter and two cups of milk. Mix smooth and bake in muffin pans thirty minutes.

CORN PONE *

Two cups cornmeal, one and one-quarter cups boiling water, one teaspoon sugar, one-half teaspoon salt, two tablespoons butter.

Dissolve the sugar and salt in the water; work the butter into the cornmeal, then add the boiling water, cover and stand ten minutes; shape into oblong cakes two and one-half inches long. Bake in a quick oven twenty to thirty minutes.

SUGAR COOKIES *

One and one-half cups sugar, three-quarters cup shortening, two and two-thirds cup one hundred percent whole wheat pastry flour, two-thirds level teaspoon cream tartar, one-half level teaspoon soda, one-third cup milk, two eggs, salt, vanilla and mace.

Cream sugar, shortening, flavoring, and salt, then beat in eggs, one at a time; next stir in soda dissolved in milk; last work in cream of tartar sifted in flour. Roll out and cut with the cookie cutter. Bake in quick oven.

FIG OATMEAL COOKIES † *

Beat to a cream half a cup of butter and three-quarters of a cup of sugar. Add one well beaten egg, two tablespoons of sour cream, half a teaspoon of soda, one cup of oatmeal, one and a half cups of flour, sifted with two teaspoons of cinnamon, half a teaspoon of nutmeg and half a teaspoon of ginger. Mix smooth, and add one cup of chopped fig meats. Bake in a medium oven.

WHOLE WHEAT RAISIN BREAD * †

One cake yeast and one tablespoon of sugar dissolved in a cup of luke-warm water and one cup of milk scalded and cooled until lukewarm; add two cups of sifted whole wheat flour, four tablespoons of lard or butter, three-fourths of a cup of sugar, cream sugar and butter together, and beat until it is smooth; cover and set aside to rise in a warm place until light, or about one and one-half hours; when well risen, add one cup of raisins well floured, four cups of sifted whole wheat flour or enough to make a soft dough and one teaspoon of salt. Knead lightly, place in a well greased bowl, let rise again until double in bulk, about one and one-half hours. Mold in loaves, fill well greased pan half full, cover and let rise until light, about one hour. Bake forty-five minutes.

BRAN COOKIES *

Cream two tablespoons of butter with one cup of sugar, beat in one egg and when smooth add four tablespoons of molasses and half a cup of milk. Sift one cup of flour with two teaspoons of baking powder and half a teaspoon of salt, and add to the first mixture with one cup of bran. Mix well and drop from a spoon onto a well greased pan. Bake twenty-five minutes in a hot oven. This will make thirty-six cookies.

STEAMED BRAN PUDDING *

For a steamed bran pudding melt three tablespoons of shortening with half a cup of molasses and add to it one well beaten egg and half a cup of milk. Sift one cup of flour with half a teaspoon of soda and add to the first mixture with one cup of bran and one cup of chopped fig meats. Mix well and fill buttered cups half full with the mixture. Steam on a rack in a pan half filled with hot water one hour. Serve with lemon sauce.

WHOLE WHEAT PIE CRUST *

Sift two cups of one hundred percent whole wheat flour with half a level teaspoon of salt and a half teaspoon of baking powder; rub into these two-thirds of a cup of lard or half butter and lard, and when like coarse meal, add slowly, mixing with a knife, about half a cup of ice water; the exact amount of water can not be given, so only add enough to make the pastry hold together. Use the same as ordinary pie crust.

WHOLE WHEAT ROLLS *

Four teaspoons sugar, one-half teaspoon salt, one and one-half cups water, lukewarm, two and one-half cups whole wheat flour, three cakes yeast, four teaspoons shortening.

Handle same as bread until ready for pans. Then break off in small pieces and round up; place in pans and let rise until light. Bake in warm oven about twenty-five minutes.

HEALTH BREADS**BUCKWHEAT GEMS ***

One cup buckwheat flour, one cup one hundred percent whole wheat flour, one-half teaspoon salt, four teaspoons baking powder, one egg, one and one-quarter cups milk, one tablespoon shortening, one-quarter cup molasses.

Sift flour before measuring. Combine dry ingredients and sift together. Add egg unbeaten, milk slowly and then the molasses and the melted shortening. Put in a greased gem pan. Bake twenty to thirty minutes in a moderately hot oven.

QUICK BUCKWHEAT BISCUITS *

One cup buckwheat flour, two teaspoons salt, one tablespoon butter, five-eighths cup milk.

Sift the flour, baking powder and salt together, cut in the butter, add the milk and drop by tablespoons into greased muffin cups. Bake in a hot oven about twenty minutes.

CORN MEAL CRISPS *

One-half cup corn meal, one-half cup rice flour, one-half teaspoon salt, one tablespoon butter, three tablespoons milk.

Sift together the dry ingredients, melt the butter and add flour with sufficient

liquid to make a dough that can be rolled out thin. Cut into diamonds or other shapes. Bake in a quick oven until golden brown. If desired, after rolling cut the dough, sprinkle with grated cheese and make into cheese straws.

BUCKWHEAT MUFFINS *

Two cups buckwheat flour, four teaspoons baking powder, one-half teaspoon salt, three tablespoons sugar, one egg, one and one-quarter cups milk, one tablespoon melted butter.

Mix and sift dry ingredients. Beat the egg and add to it the milk. Combine the mixtures and add the melted butter. Bake in greased muffin pans for twenty to forty minutes in a moderate oven.

BEATEN BISCUITS *

Three cups whole wheat flour, three teaspoons baking powder, two teaspoons salt, two tablespoons sugar, six tablespoons shortening. Enough cold water to make a stiff dough, about three-quarters of a cup.

Sift together the dry ingredients, add the shortening and rub it into the mixture thoroughly. Add the water slowly until a stiff dough is formed. Knead and beat the dough until very smooth. Roll thin, cut and place on baking sheet, prick with fork and bake in moderate oven until a delicate brown.

BUCKWHEAT CAKES *

One cake fresh yeast, two cups lukewarm water, one cup skim milk, scalded and cooled, two tablespoons honey or corn syrup, two cups buckwheat flour, one cup sifted one hundred percent whole wheat flour, one and one-half teaspoons salt.

Dissolve yeast and sweetening in lukewarm liquid, add buckwheat and whole wheat flour gradually and salt. Beat until smooth. Cover and set aside in a warm place, free from draft, to rise, about one hour. When light, stir well and bake on hot griddle.

(If wanted for overnight, use one-fourth cake of yeast and an extra half teaspoon salt. Cover and keep in a cool place.)

GLUTEN BREAD *

One cake fresh yeast, one cup milk, scalded and cooled, one cup lukewarm water, one tablespoon sugar, one tablespoon lard or butter, melted, three cups gluten flour, one teaspoon salt. (For diet use all water and omit shortening and sugar.)

Dissolve yeast and sugar in lukewarm liquid. Add lard or butter, then flour gradually and salt. Knead thoroughly until smooth and elastic. Place in well greased bowl. Cover and set aside in a warm place, free from draft, to rise until light, which should be in about two hours.

Mould into loaves, place in greased pans, filling them half full. Cover, let rise again, and when double in bulk, which should be in about one hour, bake in moderate oven forty-five minutes.

This will make two one pound loaves.

HONEY RECIPES

BRAN BROWN BREAD * †

One cup one hundred percent whole wheat flour, one teaspoon soda, one-quarter teaspoon salt, one cup bran, one-half cup honey, one cup sour milk, one-half cup raisins floured.

Sift together the flour, soda, and salt, and add the other ingredients. Steam three hours or bake forty minutes in a slow oven. If the amount of milk is increased by half, the bread is more delicate and has a somewhat higher food value.

BUTTER HONEY CAKE † *

One and one-half cups honey, one-half cup butter, three egg yolks, three cups flour, two teaspoons ground cinnamon, one-half teaspoon salt, one and one-half teaspoons soda, two tablespoons orange flower water, (water may be substituted) whites of three eggs.

Rub together the honey and butter; add the unbeaten yolks and beat thoroughly. Add the flour sifted with the cinnamon and the salt; and the soda dissolved in the orange flower water. Beat the mixture thoroughly and add the well beaten whites of the eggs. Bake in shallow tins and cover with frosting.

NUT HONEY CAKES * †

Two cups brown sugar, two cups honey, six egg yolks, a little salt, one and one-half teaspoons soda, three teaspoons ground cinnamon, one-half teaspoon ground cloves, one-half teaspoon ground nutmeg, one-half teaspoon allspice, one cup chopped raisins, one-half ounce citron cut in small pieces, one-half ounce candied orange peel cut in small pieces, one-half pound almonds chopped fine, whites of three eggs.

Mix the sugar, honey, and the yolks of the eggs, and beat thoroughly. Sift together the flour, salt, spices, and soda. Combine all ingredients but the whites of the eggs. Beat the whites of the eggs till they are stiff and add them last. Pour the dough to the depth of about half an inch into well buttered tins, and bake in a slow oven for one-half hour.

HONEY BRAN COOKIES † *

Two tablespoons butter, one-half cup honey, two eggs, one-quarter to one-half teaspoon soda, one-half cup flour, one cup bran, one-eighth teaspoon powdered aniseed.

Rub together the butter and honey; add the eggs unbeaten and beat the mixture thoroughly. Sift together the flour, soda and aniseed. Combine all the ingredients; drop from a teaspoon on to a buttered tin and bake in a moderate oven.

ROLLED HONEY WAFERS † *

One-quarter cup butter, three-quarter cup honey, seven-eighths cup flour, one-quarter teaspoon powdered cardamom or aniseed.

Mix together the butter and honey and add the flour, sifted with the spice. Spread out very thin with a broad long bladed knife or spatula on a buttered, inverted dripping pan, or on flat tins made for the purpose. Mark off in three inch squares and bake in a slow oven until delicately browned. While warm, roll into tubular shape and hold until they cool and, if necessary, until they harden into shape. Honey wafers are not quite so tender as those made with sugar.

HONEY CHEESE CUSTARD * †

One cup milk, one egg, one tablespoon honey, one teaspoon gelatine, two tablespoons cold water, one-half teaspoon vanilla, one cup cottage-cheese, salt.

Heat the milk, pour it gradually over the beaten yolk of egg, add the sweetening and cook the mixture until it coats a spoon. Soak the gelatine in the cold water; dissolve it by setting the cup in hot water. Beat the white of egg until it is light, add the vanilla and the dissolved gelatine. Beat the mixture until it is very stiff. Fold this into the custard mixture. Chill the pudding. Just before serving add the cheese slightly salted.

HONEY FROSTING * †

One and one-half cups granulated sugar, one-half cup honey, one-half cup hot water, two egg whites.

Boil sugar and water together until it will thread. Add the honey slowly, and remove from the fire. Have the whites of the eggs beaten stiff. Pour over them slowly, the syrup, beating continuously until it holds its shape. Heap over the cake, drawing in a whirl with a fork.

HONEY ICING * †

One cup granulated sugar, one-quarter cup water, one-quarter cup honey, one egg white.

Boil together the sugar and the water for a few minutes and then add the honey, taking precautions to prevent the mixture from boiling over, as it is likely to do. Cook until drops of the syrup keep their form when poured into cold water, or to about 250° Degrees F. Beat the white of the egg until stiff, and when the syrup has cooled slightly pour over the egg, beating the mixture continuously until it will hold its shape. This frosting is suitable for use between layers of cake, but is rather too soft for the top. It remains in good condition and soft enough to spread for many weeks and, therefore, can be made in large quantities for use as needed.

BAKED HONEY APPLE †

Core good baking apples. Chop nuts, dates or raisins. Mix with honey. Fill center of apples. Add one tablespoon more of honey and two of water for each apple and bake for a long time in a very slow oven. More honey and water may be added if necessary.

HONEY SALAD DRESSING * †

Four egg yolks, two tablespoons lemon juice, two tablespoons butter, two tablespoons honey, one teaspoon mustard, one teaspoon salt, paprika to taste, one cup cream.

Heat the cream in a double boiler. Beat the eggs and add to them all the other ingredients but the cream. Pour the cream slowly over the mixture, beating constantly. Pour it into the double boiler and cook until it thickens, or mix all the ingredients but the cream and cook in a double boiler until the mixture thickens. As the dressing is needed combine this mixture with whipped cream. This dressing is particularly suitable for fruit salad.

HONEY FRUIT CAKE † *

In a warm bowl beat to a cream half a cup of butter and three-quarters of a cup of honey, add one-third of a cup of boiled cider, two well beaten eggs, one teaspoon each of cinnamon, cloves and mace and one teaspoon of soda dissolved in a little warm water; beat well and add enough sifted flour to make a stiff batter and two-thirds cup of chopped, dried figs, two-thirds cup of pitted and chopped prunes and two-thirds cup of seedless raisins. Pour into a buttered and floured cake tin and bake in a slow oven. This cake should be made several weeks before using and kept stored in a tightly closed container.

ALMOND HONEY CAKES † *

Melt one-half cup of butter and stir into it one pound of strained honey, stir over the fire until well mixed; remove from the fire and stir until cool. Add to it the grated rind of one lemon, two-thirds of a cup of blanched and finely chopped almonds, one-quarter teaspoon of mace, and two teaspoons of baking soda dissolved in a little water. Mix well and work in enough flour to make a stiff dough. Place in a cool place and let stand at least twelve hours. Roll out in a sheet half an inch thick, cut in squares, decorate the tops with halves of blanched almonds and thin strips of candied orange peel. Bake in a fast oven.

HONEY CAKES * †

Place in a saucepan half a pound of strained honey, one and a quarter cups of sifted powdered sugar and half a pound of blanched and split almonds; bring to a boil and mix thoroughly. Sift two cups of sifted flour with one-eighth of a teaspoon of nutmeg, one-eighth of a teaspoon of mace and one-eighth of a teaspoon of cloves, and add to the honey mixture with two tablespoons of finely chopped citron and four tablespoons of cider or white grape juice. Knead well, place in a bowl, cover tight and set in a cool place for ten days. Roll out in strips half an inch thick, bake on shallow buttered pans in a quick oven. When baked cut in the desired sized pieces and ice with an icing made by mixing one cup of sifted confectioner's XXXX sugar with two tablespoons of boiling water and one teaspoon of lemon juice.

ORANGE RECIPES**ORANGE ROLLS * †**

Scald two cups of milk, add to it three tablespoons of butter, two teaspoons of sugar, and one teaspoon of salt; stir until lukewarm, add one cake of yeast dissolved in one-quarter of a cup of lukewarm water and three cups of sifted flour; beat five minutes and set in a warm place to rise until light. Cut down and work in two and one-half cups of flour, knead well and let rise until light. Place on a floured board, roll out to one-third of an inch in thickness, cut with a biscuit cutter, lay a section of orange in the center, fold over and press the edges together. Place on a buttered baking pan, and bake until half done, not brown; remove from the oven, open each roll and insert some sauce made by beating to a cream one and one-half tablespoons of butter, three tablespoons of powdered sugar, one and one-half tablespoons of orange juice, and the grated rind of half an orange. Place the rolls back in the pan, spread the tops with the sauce, return to the oven and bake five minutes. Do not let the sauce burn.

CHOCOLATÉ ORANGES * †

Peel and break into segments: six oranges, remove the white skin being careful not to break them so that the juice runs. Melt four squares of sweet chocolate, add three-quarters of a cup of sugar and half a cup of water. Boil three minutes. Beat the white of two eggs to a stiff froth and beat into it the hot chocolate mixture and beat until cool. Dip the orange pieces into the mixture and lay on waxed paper to dry. Fine with ice cream and cake.

BAKED ORANGES †

Select even sized oranges, wipe clean, cover with cold water and let stand overnight. Wipe dry, cut off the tops and remove the core with a sharp knife. With the handle of a teaspoon carefully separate the rind from the pulp, two-thirds of the way down. Press into each orange three tablespoons of sugar or all of the sugar that it will hold. Place the prepared oranges in a granite ware baking pan about three inches deep, fill half full with water, cover with another pan and bake in a slow oven until the skin is soft, about two hours. Remove from the oven, place a teaspoon of butter on each orange, leave off the cover, return to the oven and brown lightly. Remove the oranges to a hot platter, add to the water in the pan the strained juice of two oranges and one tablespoon of cornstarch rubbed smooth with three tablespoons of cold water; stir and cook until thick and smooth. Pour the sauce over the oranges and serve hot.

ORANGE COOKIES † *

Beat to a cream one-quarter of a cup of butter and beat into it half a cup of sugar and one well beaten egg. Beat until light and creamy. Sift one and a third cups of sifted flour with one teaspoon of baking powder and add with one tablespoon of milk to the butter mixture. Add the grated rind of half an orange and one-half a teaspoon of orange extract. Work to a smooth dough, place in the ice box for three hours or until thoroughly chilled. Roll out thin, shape with a fluted cutter and bake in a moderate oven.

ORANGE SURPRISE †

Remove juice and pulp, leaving the skins in good condition. For a pint of juice, soften half a package of gelatine in one-half cup of cold water, and dissolve it in one-half cup of boiling water. Add one cup sugar and the juice of half a lemon, add orange juice and strain. Mold the jelly in teacups wet with cold water. Fill to the height required to fill the orange skins. Decorate jelly with almonds, candied cherries and cooked sultana raisins. When ready to serve, remove from cups to skins. Cover with meringue and brown delicately in a very hot oven.

BAKED ORANGE CUSTARD † *

Peel and remove the sections from five medium sized oranges, mix with three-quarters of a cup of sugar and stand in a cool place one hour. Mix one tablespoon of cornstarch with one tablespoon of milk and when smooth mix into the slightly beaten yolks of two eggs and one and a half cups of scalded milk, stir well, pour into a double boiler and stirring constantly cook twenty minutes, or until thick and smooth; do not boil. Remove from the fire and cool. Lightly mix the custard with the orange sections, place in an earthenware or glass pudding dish and cover with a meringue made with the whites of two eggs and five tablespoons of Confectioner's sugar.

DATE AND ORANGE CUSTARD * †

Place in an enameled saucepan the strained juice of six oranges, add one-half cup of sugar, bring to a boil, skim carefully, and when the sugar is dissolved, remove from the fire and cool. Scald and cool two cups of milk. Add to the cold orange syrup the well beaten yolks of six eggs, the milk, in which has been dissolved one tablespoon of cornstarch and a few grains of salt. Place the mixture in a double boiler and stir until thick and smooth. In the bottom of custard cups place two tablespoons of chopped and stoned dates, fill the cups with the custard and set in a cool place to harden. When cold sprinkle the tops with chopped toasted almonds and cinnamon.

ORANGE ROLY POLY † *

Sift two cups of sifted flour with four level teaspoons of baking powder and one teaspoon of sugar. Rub into these two tablespoons of butter and when like coarse meal work to a smooth dough with three-quarters of a cup of milk; turn out on a floured board, pat out in an oblong piece, spread with three peeled and thinly sliced oranges, two tablespoons of finely chopped orange peel, and a half cup of sugar. Roll up like a jelly roll, pinch the edges together, roll onto a buttered dish and steam in a steamer for one and a half hours. Serve with orange sauce.

ORANGE SAUCE †

Mix two teaspoons of cornstarch with one cup of sugar; place in a saucepan, add two cups of boiling water and stir in the grated rind and juice of one orange and one and a half tablespoons of butter. Serve hot.

CREAMY ORANGE SAUCE † *

Mix six tablespoons of sugar with one and a half tablespoons of flour, place in a double boiler, add one teaspoon of grated orange rind and beat in slowly one cup of hot milk; beat and boil one minute; beat in the slightly beaten yolks of two eggs and beat and cook without boiling, seven minutes or until the mixture will mask a spoon. Add three tablespoons of orange juice and one teaspoon of lemon juice.

ORANGE MARMALADE †

Slice twelve thin skinned oranges, one lemon, and one grapefruit; remove the inner white pith and seeds and weigh; to each pound of fruit add six cups of cold water and let stand in an earthenware dish for forty-eight hours, keeping the dish well covered. Place in a preserving kettle and boil slowly until the fruit is tender; pour into an earthenware dish and let stand over night; weigh and to each pound add one pound of sugar, bring to a boil, skim well and cook slowly until a little will jell when dropped on a cold plate. Seal in small jars and store in a cool dark place.

ORIENTAL MARMALADE †

Two cups dried apricots, one cup dried figs, one cup dates, two cups raisins, four cups cold water, one and one-half cups brown sugar, two lemons.

Cut apricots, figs, dates and raisins, in pieces. Cover with cold water and soak over night. Add sugar and juice from lemons and cook slowly until thick, about forty minutes. Pour into sterilized glasses and seal with paraffine.

ORANGE PIE † *

Place in a double boiler the juice of four medium oranges, the grated rind of one lemon, the grated rind of one-half an orange and two tablespoons of lemon juice. Beat the yolks of three eggs and into them beat three-quarters of a cup of sugar mixed with two teaspoons of cornstarch, mix well and add the stiffly beaten whites of the eggs. Beat the egg mixture into the hot juices and stir until thick and smooth. Pour into baked pie shells, dust with powdered sugar and sprinkle with finely chopped nuts and candied orange peel.

LEMON CREAM PIE * †

Lemon pie is made by beating to a cream two and a half tablespoons of butter and three cups of sugar; when well creamed beat into them the lightly beaten yolks of three eggs, the grated rind and juice of three lemons, half a cup of thin cream and lastly the stiffly beaten whites of three eggs. Pour the mixture into pastry lined pie tins and bake in a medium oven until set. Do not let mixture stand after mixing. Sprinkle the baked pies with finely chopped toasted almonds and powdered sugar. This will make two pies.

ORANGE SPONGE CAKE † *

Beat the yolks of three eggs until light and beat into them one cup of sifted sugar, one-quarter of a teaspoon of salt, the grated rind of one orange and four tablespoons of strained orange juice. Beat until light and foamy. Sift one cup of sifted flour with one level teaspoon of baking powder and beat into the mixture; when well mixed fold in the stiffly beaten whites of three eggs. Bake in a medium oven.

ORANGE CUSTARD ICE CREAM * †

For orange custard ice cream mix the grated rind of three oranges with three-quarters of a cup of sugar and gradually beat into the beaten yolks of six eggs. Pour into this mixture two cups of hot milk, mix well and place in a double boiler and stir until thick. Remove from the fire and stir in two cups of cream. When cold add the strained juice of four oranges and a bit of red color paste. Freeze in a dasher freezer with three parts ice and one part salt.

CANDIED ORANGE PEEL †

For the candied orange peel use thin skinned oranges, remove the peel, cut in quarters, cover with cold water, bring to a boil and cook until soft. Drain and remove the white part. Make a syrup of one part of water and two parts of sugar and boil until it will spin a thread. Cook the peel in this syrup for ten minutes, drain and cover with granulated sugar.

CANDIED CITRON PEEL †

The fruit should be cut in halves or quarters and packed in a wooden tub or cask and covered with a brine made of two parts salt and one part water; let this stand one month. At the end of one month remove the brine and cover with a fresh

brine, let stand for four months. Remove brine and wash citron with fresh water; place fruit in kettle, cover with fresh water and boil one and a half hours or until a fork will pass through. Remove the fruit and cover with cold water and let stand two days. Drain in the citron and place in earthenware jars and cover with a twenty degree syrup. Let stand three weeks. Remove the syrup twice a week and boil up and skim, adding a little more sugar each time so that you will have a thicker syrup; pour back over the fruit while the syrup is boiling. Put fruit and syrup on the stove and bring to a boil and let boil for ten minutes, reduce heat and keep at near the boiling point for twenty hours or until the fruit will not absorb any more sugar; spread the fruit on a wire net and dry in the sun.

LEMON MARMALADE ‡

Place twelve lemons in a kettle, cover with cold water, bring to a boil and boil one hour, drain, cover with fresh boiling water and boil one hour. Drain out the lemons and save the water. Cut the lemons in thin slices, remove the pips and weigh the fruit. Place in a kettle and add two pounds of sugar and two cups of the water that the lemons were boiled in for each pound of fruit. Boil for forty minutes or until a little will jell when dropped on a cold plate. Pour into glasses and when cold seal and store in a cool dark place.

GRAPEFRUIT MARMALADE ‡

With a sharp knife peel off the yellow rind of twenty grapefruit. Remove the white rag and seeds from the fruit pulp. Cut the rind in thin slices, place in a preserving kettle. Add the pulp, one cup of water and an equal weight of sugar. Bring to a boil and boil thirty minutes or until it jells.

KUMQUAT MARMALADE ‡

Wash and slice very thin three pounds of kumquats, place in a preserving kettle with half a cup of water and cook slowly until tender. Be careful that it does not burn. When the kumquats are tender add two and a half pounds of sugar and boil until it jells.

MEAT SUBSTITUTES

MACARONI CURRY * ‡

Boil whole wheat macaroni until it is tender, and pour the following sauce over it. Chop four onions and cook until tender in one tablespoon of butter, add one-half cup of chopped apples, and cook until these are well mixed; then add a tablespoon of curry powder, one-fourth teaspoon of mustard, a teaspoon of vinegar, one tablespoon of flour, salt and paprika, one tablespoon of olive oil and two cups of milk and water mixed. Boil until it is thick and strain, over the macaroni.

CURRIED VEGETABLES AND MACARONI ‡ *

One-quarter pound carrots, one large apple, one tablespoon whole wheat flour, three teaspoons curry powder, four tablespoons of butter, one teaspoon chutney, one teaspoon lemon juice, one onion, three potatoes, three turnips, four ounces macaroni, one pint boiling water, one-quarter pound mushrooms.

Cut the mushrooms, the vegetables, and the apple into small pieces, and fry in four tablespoons of butter. Mix the flour, chutney and curry powder together and sprinkle over the vegetables; add the lemon juice and stir over the fire for a few seconds, then add the boiling water and the macaroni which has been broken and boiled in water until tender. Mix well together and cook in a double boiler for two hours. Serve with boiled rice.

WHOLE WHEAT SPAGHETTI CROQUETTES * ‡

One-quarter pound spaghetti, three ounces of bread crumbs, one teaspoon of salt and pepper, one pint of boiling water, one-quarter pound grated cheese, one-half teaspoon curry powder, one tablespoon of butter, one teaspoon of onion juice.

Break and cook the spaghetti in quickly boiling water, stir till thick, add the cheese, butter and curry and cook three or four minutes; add the seasoning. Cook in a flat dish till a golden brown. Serve hot.

CELERY AND CHEESE PUDDING ‡ *

Two cups of celery cut in one-half inch pieces, one bay leaf, one tablespoon flour, one tablespoon butter, one cup Parmesan cheese, one cup buttered bread crumbs, one pint cream or milk, salt and pepper.

Cook the celery in the milk for half an hour, then drain. Make a sauce with the flour, butter, the milk the celery was boiled in, the bay leaf and the seasoning. When well cooked remove the bay leaf, and add the cheese. Put into a buttered baking dish the boiled celery, then cover well with the sauce, sprinkle over the buttered crumbs and set in the oven to brown.

POTATO PUFFS WITH CHEESE ‡

One cup mashed potatoes, one-quarter cup milk, one-half teaspoon salt, one-half cup grated cheese.

Beat the potatoes and milk together until thoroughly mixed. Add the salt, and beat thoroughly. Finally add the cheese. Bake in muffin tins in a slow oven ten or fifteen minutes.

A similar dish may be made by scooping out the inside of a baked potato and mixing it with the cheese as above. Fill the potato skin full with the mixture, return to the oven and bake until light brown.

CHEESE CROQUETTES ‡ *

Place in a saucepan three tablespoons of butter, melt and stir in one-third of a cup of sifted flour sifted with half a teaspoon of salt and a seasoning of paprika; blend well, stir in one cup of cold milk and bring to a boil. Add the slightly beaten yolks of two eggs beaten with two tablespoons of cream and two cups of mild American cheese cut in small cubes and spread on a cold plate. When the mixture is cold form into croquettes, roll in sifted bread crumbs, dip in beaten eggs, roll in crumbs and fry a nice brown in deep hot vegetable shortening.

COTTAGE CHEESE LOAF WITH BEANS ‡

One cup cottage cheese, one-quarter teaspoon soda, two cups cooked pink beans, two tablespoons chopped onion, or one-half teaspoon onion juice, one cup boiled rice (dry), one cup dry corn bread crumbs, two tablespoons butter. Chopped celery or celery salt, or pimientos, or Worcestershire sauce, or mixed poultry seasoning.

Mash pink beans or put them through the meat chopper. Mix beans, cheese, bread crumbs, and seasoning together well and form into a roll. The roll should be mixed very stiff, for it will become much softer on heating. Bake in a moderate oven, basting occasionally with butter. Serve with tomato sauce.

GREEN PEA LOAF ‡ *

One and one-half cups cooked peas rubbed through a sieve, one and one-half cups bread crumbs, one and one-half cups milk, one egg slightly beaten, one sliced chopped onion, salt and pepper to taste.

Scald the milk, add the onion, bread crumbs, peas and egg. Season to taste. Bake in a buttered baking dish or timbale molds in a moderate oven until firm, about twenty minutes. Beans, mashed carrots, fish or corn may be used instead of peas.

MOCK SAUSAGE ‡ *

One-half cup dried lima beans, one-third cup bread crumbs, three tablespoons butter, one egg, few grains pepper, one-quarter teaspoon salt, one-half teaspoon sage.

Pick over and wash beans, cover with water and let soak over night. Drain; cook in boiling salted water until tender, about one and one-half hours. Force through a strainer, add remaining ingredients. Shape into form of sausages, roll in crumbs, egg and crumbs again. Saute in shortening until brown. It requires about two-thirds of a cup of crumbs and one egg for dipping sausage. Garnish with fried apples.

VEGETABLE CUTLETS ‡

One cup cooked rice, one cup mashed potatoes, two tablespoons finely minced onion, one-third cup tomato, two cups cooked beans, one tablespoon butter, two tablespoons cornstarch, one-half teaspoon salt.

Cook onion in shortening, add remaining ingredients which have been put through meat chopper. Mix well, shape like cutlets and bake one-half hour in a quick oven, basting twice with shortening.

CABBAGE PUDDING ‡ *

One medium sized cabbage, one tablespoon flour, one egg yolk, one and one-half cups grated cheese, one tablespoon butter, one cup milk, one egg white, one cup bread crumbs, season with salt and paprika.

Shred cabbage and boil in salted water until tender; put cabbage in a colander

and press out all water. Put a layer of cabbage in a baking dish, cover with a layer of cheese; fill baking dish with layers in this order. Pour over all a sauce made of butter, flour and milk; when sauce has thickened add the well beaten egg yolk and stiffly beaten egg white. Cover with the bread crumbs, dot with small bits of butter and brown in a moderate oven.

MEAT SUBSTITUTES

STUFFED PEPPERS * †

One and one-half tablespoons butter, one and one-half tablespoons flour, one cup milk, one-half cup walnut meats, one-half cup bread crumbs, one-half cup chicken, one-quarter cup green pepper, one-quarter cup celery, two teaspoons onion, one and one-third teaspoons salt, one-eighth teaspoon pepper, four large or six small green peppers, one-half cup buttered crumbs.

Melt butter, add flour; when well blended add milk gradually while stirring constantly and stir until sauce boils. Add walnut meats, cut in pieces, soft bread crumbs, chicken, green pepper, celery and onion finely chopped, and salt and pepper. Remove stem ends and seeds from four large or six small green peppers, fill with mixtures, cover with buttered crumbs and bake in a moderate oven until pepper is soft.

EGGPLANT WITH WALNUTS † *

One eggplant, one cup walnuts, two tablespoons bread crumbs, two eggs, salt and pepper, one-half cup bread crumbs, two tablespoons butter, melted.

Boil eggplant twenty to thirty minutes, or until tender. Cut in pieces, remove skin, and mash the pulp. To pulp add walnut meats chopped, two tablespoons bread crumbs, eggs well beaten, and salt and pepper to taste. Mix thoroughly, put in greased baking dish, cover with one-half cup bread crumbs mixed with melted butter and bake in a hot oven until brown.

WALNUT SAUSAGE * †

One-half cup dried lima beans, one-third cup bread crumbs, three tablespoons milk, one-quarter teaspoon pepper, one-quarter teaspoon poultry seasoning, one-quarter teaspoon salt, one teaspoon vinegar, one egg, three-quarter cup walnut meats.

Pick over dried lima beans and soak over night in cold water to cover. Drain and cook in boiling salted water until soft; again drain and force through a puree strainer. Add fine, dried bread crumbs, milk, pepper, poultry seasoning, salt, vinegar, egg slightly beaten and finely chopped walnut meats. Shape like sausages, saute in bacon, pork or sausage fat, browning on all sides. Serve with fried apple slices. Three-fourths cup left over fresh beans or mashed potato may be used in place of dried lima beans.

RICE WALNUT LOAF † *

One cup chopped walnut meats, one cup bread crumbs, one and one-half cups cooked rice, one egg, three-quarters cup milk, sage, salt and pepper to taste.

Beat egg; add milk and other ingredients. Mix well, and put in buttered baking dish. Bake thirty minutes. Serve with tomato sauce.

TOMATO SAUCE * †

Two tablespoons butter, two tablespoons flour, two cups tomatoes, strained, two teaspoons onion juice, one-half teaspoon salt, one-quarter teaspoon pepper.

Melt and brown butter, add flour and when brown add tomatoes strained and onion juice. Stir until mixture boils and add salt and pepper.

MEATLESS MEAT LOAF † *

Two cups cold cooked beans, two cups bread crumbs, one cup walnuts, chopped fine, one bell pepper, chopped fine, one egg, two tablespoons melted butter, salt and pepper to taste.

Mix all ingredients thoroughly. Shape into loaf and bake thirty minutes in moderate oven. Serve with tomato sauce.

WALNUT LOAF † *

Mash two cups of cooked, dried beans and add to them two cups of toasted bread crumbs, one cup of chopped walnut meats, one chopped bell pepper, two tablespoons of chopped pimiento, one tablespoon of finely chopped parsley, two well-beaten eggs and a seasoning of salt, pepper and nutmeg. Mix well, place in a buttered bread pan and bake in a moderate oven thirty minutes. Unmold on a hot plate, pour around a tomato sauce and garnish with parsley branches and lemon slices.

SPINACH CROQUETTES * †

Boil two quarts of cleaned spinach in boiling salted water until tender. Drain, dry and chop fine, add to it two well-beaten eggs, two tablespoons of grated Parmesan cheese and a seasoning of nutmeg. Roll into sausage shaped pieces. Cover with fine bread crumbs and fry in deep, hot olive oil. Nice to serve with baked ham.

CALIFORNIA FRUIT RECIPES**CALIFORNIA FRUITS****DRIED FIGS †**

Pick the figs when they are ripe and set on trays that have laths nailed across with the eye end of the fig on the lath; turn the figs every day and cover at night; when the figs show the same dryness in the morning as they show at night, turn into sweat boxes and let stand a week. Pack in layers with bay leaves between each layer and store in a cool, dry place.

CANNED FIGS †

Figs for canning should be sound and firm. Treat them with a soda bath as for preserving. Rinse through two cold water baths, drain and cook for forty to sixty minutes in the syrup, two cups of sugar, four cups of water. Cool, pack and cover with the syrup and process for thirty minutes in quart jars.

CANDIED FIGS †

Place in a saucepan two cups of water, two cups of sugar and bring to a boil. Skim well, add, one at a time, five pounds of unpeeled figs and simmer slowly for one hour. Remove from the fire and let stand uncovered in the open air for twenty-four hours. Return to the fire and simmer slowly for one hour and let stand another twenty-four hours. Return to the fire, watch carefully so that the figs do not stick to the bottom of the saucepan and simmer slowly for one hour. Lift out the figs carefully, spread on platters and stand in the sun for three days; cover at night. Pack in layers in wooden boxes and spread bay leaves between each layer.

FIG PRESERVE ROMOLA †

Either steam the figs, or simmer them gently so as not to break them, until they are almost transparent. Then take them from the steamer or take them from their liquid onto a platter and make a heavy syrup, using their own liquor as far as possible. When the syrup is very thick put the figs back into it gently and boil gently for ten minutes. Again skim the fruit and pack into wide mouthed jars, filling them not more than two-thirds full. The fruit will settle at first, but will float again as the jar is filled with syrup.

Seal at once.

FIG CONSERVE †

Two pounds fresh figs, one orange, one and one-half pounds sugar, one-half cup of pecans, shelled, one-half pound of raisins.

Cut all except nuts into small pieces and cook until thick and transparent, about one hour. Add nuts five minutes before removing from stove. Pack and seal hot.

RAISIN AND FIG CONSERVE †

Three cups dried figs, three cups water, one cup sugar, one-half cup orange juice, grated rind of one orange, one-half cup lemon juice, three cups chopped raisins, two cups broken walnut meats.

Chop figs. Cover with water and soak overnight. Add sugar, orange juice

and rind, lemon juice and raisins, and cook slowly until thick, about one hour. Add nuts and cook five minutes. Pour into sterilized glasses and seal with paraffine. This makes about six glasses.

FIG AND RHUBARB CONSERVE ‡

Cut five pounds of peeled rhubarb in small pieces, place in a bowl and add two pounds of chopped white figs, the strained juice of two lemons and five pounds of sugar. Cover and let stand overnight. Place on the fire and simmer gently for one and a half hours. Place in jars, cool and seal.

FIG JAM ‡

If figs are fresh and ripe, place them in a double boiler, heating through perfectly but adding no water. They may be steamed instead. Add about one-half their weight then in sugar and cook down carefully till thick. Lemon juice and peel, pineapple or other decided fruit may be applied for flavoring. This, if preferred may be rubbed through a coarse sieve and heated again before sealing in little pots or jars.

FIG ICE CREAM ‡ *

Beat five eggs with one cup of sugar and one teaspoon of salt and gradually beat in three cups of milk. Pour into a double boiler and stir and cook until smooth, do not boil. Add one pound of finely chopped dried figs and cool. Add two tablespoons of orange juice, one teaspoon of grated lemon rind, the stiffly beaten whites of four eggs, and one and a half cups of heavy whipped cream. Pour into a freezer and freeze with three parts fine ice and one part rock salt. Remove the dasher, repack and let stand four hours. Dish and garnish with preserved figs.

PICKLED FIGS ‡

Two pounds figs, one and one-half pounds (three cupfuls) sugar, two cups water, cloves, mace and vinegar.

Wipe the figs. Boil the sugar and water until it spins a thread, then drop the figs into the boiling syrup and let them remain until they can be penetrated with a straw. Remove them and place in sterilized jars, in layers, between which sprinkle a few cloves and some small pieces of mace; then cover the whole with the syrup.

For three successive mornings pour off the syrup, not disturbing the fruit and spices; bring to a boil, and pour back over the fruit. The third morning, after the syrup has been boiled, add one cup of vinegar to every three cups of syrup.

Pour over the fruit and seal.

FIG CHUTNEY ‡

Dissolve one cup of salt and two cups of brown sugar in three cups of tarragon vinegar and simmer for ten minutes. Add three pounds of sliced onions, six pounds of sliced fresh figs, one pound of chopped stoned dates, one ounce of white mustard seed, and half a pound of chopped Canton ginger. Simmer until soft. Place in wide mouthed bottles, seal tight and store in a cool place.

SEEDLESS GRAPE JELLY ‡

Place in a preserving kettle four quarts of just ripe seedless grapes washed and picked from the stems; add a cup of water and cook slowly until soft; pour into a jelly bag, drain and measure into a preserving kettle, add two cups of sugar for each two cups of juice, stir until the sugar is dissolved, boil up once, pour into glasses and cool. Cover and store in a cool, dry, dark place.

If the grapes are too ripe they will not jell.

GRAPE CONSERVE ‡

Slice four thin-skinned oranges very thin and mix them with four cups stemmed and washed seedless grapes, two cups of seeded raisins and five cups of sugar; place the mixture in a preserving kettle and cook slowly, stirring often, until thick and clear; add two cups of broken walnut meats, pack in hot jars and seal.

GRAPE RAISINE ‡

Place in a preserving kettle five pounds of washed and stemmed grapes, mash lightly, set over a slow fire and cook slowly, stirring with a wooden spoon until the juice flows; pour into a jelly bag and drain off all the juice. Measure the juice into a clean kettle, add five pounds of peeled, cored and thinly sliced pears; stir and bring to a boil and cook slowly until the pears are tender. Add three-quarters of a cup of sugar for each cup of the grape juice, stir until the sugar is dissolved and cook until a little of the juice dropped on a cold plate will jell. Pack in clean, hot jars and seal.

GRAPE CHUTNEY †**(Fine for Cold Meats)**

Two quarts seeded grapes, four tablespoons chopped garlic, four tablespoons chopped ginger, four tablespoons salt, four cups mild vinegar, three pounds tart apples, peeled and chopped, four tablespoons grated horse-radish, three tablespoons mustard seed, one teaspoon cayenne pepper, three cups chopped, seeded raisins.

Simmer all the ingredients in a preserving kettle until thick and smooth, add two cups brown sugar and let stand six days in an earthenware jar, stir each day; place in glass jars and store in cool, dark place.

CANDIED PLUMS *

To candy fresh plums drop four pounds of plums in boiling water and boil ten minutes, drain well. Place in a preserving kettle four cups of water, and four cups of sugar, bring to a boil and boil until a little will form a soft ball when dropped in cold water, add the drained plums and keep warm, not hot, for ten hours, turning the fruit four or five times. Skim out the fruit, bring the syrup to a boil, add the plums and let stand ten hours; repeat this process four times. Skim out the fruit, make a fresh syrup with four cups of water and four cups of sugar. Drop the plums into the fresh boiling syrup, cool, drain out the plums and set on pans to candy. Pack in layers between waxed paper.

PLUM CONSERVE *

Remove the stems and wash five pounds of any red plums or ripe prunes, cut in halves and remove the seeds. Place in a preserving kettle and add three oranges cut in small thin pieces, one and a half pounds of seeded raisins, four pounds of sugar, and the strained juice of three lemons, bring slowly to a boil and cook steadily until the fruit is clear. Add one and a half pounds of broken walnut meats and cook five minutes. Pack in jelly glasses.

PICKLED PLUMS *

Select three pounds of firm, ripe plums and wipe with a soft cloth; place in a saucepan two cups of sugar, three cups of vinegar, twelve whole cloves and one ounce of stick cinnamon. Bring to a boil, skim and add the plums a few at a time. Simmer gently until the skins crack. Lift out the plums with a skimmer and place on dishes to cool. When cold pack closely in quart jars and shake the jars to pack them well. Bring the syrup to a boil and boil five minutes. Strain and when cold pour over the plums in the jars. Cover the jars and let stand one week. Strain off the syrup, bring to a boil, strain and cool. Pour over the plums, seal the jars and store in a cool, dry place.

SPICED PLUMS *

Wipe five pounds of plums with a piece of cheesecloth wrung out of cold water, and prick each five or six times, using a large needle. Put two and one-half pounds of brown sugar in a saucepan and pour over one quart of vinegar; then add two ounces of cloves, one ounce of stick cinnamon broken in pieces, one ounce of all-spice berries and one ounce of mace (all tied in a piece of muslin). Bring mixture to the boiling point and let boil ten minutes. Pour over plums, cover and let stand overnight. In the morning drain plums from syrup again, bring syrup to the boiling point, let boil ten minutes, and pour over the plums. Cover and let stand overnight, drain and repeat the process a third time.

LOGANBERRY JAM †

For the jam, place in the preserving kettle three-quarters of a pound of sugar to each pound of berries used. Cook slowly until the sugar is dissolved, and then boil fast for thirty minutes. A nice combination is half loganberries and currants with an equal amount of sugar, one pound of fruit to one pound of sugar. Cook same as straight loganberry jam.

LOGANBERRY JELLY †

Heat the berries in a double boiler until they are very soft. Place in a jelly bag and strain. To each cup of juice add the juice of half a lemon and three-quarters of a cup of sugar. Cook until it will jell when a little is dropped on a cold plate.

CURRENT JELLY †

Select six pounds of half ripe currants, wash well, leave the stems on, place in a preserving kettle and mash well with a wooden potato masher. Bring slowly to a boil and boil until the fruit is white; stir often to prevent scorching. Place in jelly

bags and let drip overnight. Measure the juice and allow a cup of sugar to a cup of juice. Place the juice in the kettle, bring to a boil, add the sugar, stir until dissolved, boil gently until a little will jell when dropped on a cold plate. Strain into glasses, cool and cover with paraffin.

BAR LE DUC CURRANT JELLY †

For each pound of first choice large white or red currants; prepare as directed in the following recipe. Take one pint of strained honey, and bring to a boil. Add the fruit and let simmer a few minutes very slowly. Use a skimmer, lift the fruit out, then arrange in a bowl. Boil the honey left in the kettle until thick and pour it carefully over the currants. Pack and store the same as other jellies. Fill dry glasses in two or three operations to prevent fruit rising to the top.

GUAVA JELLY†

Cover the bottom of a preserving kettle with cold water, add sliced whole, slightly green guavas and simmer until soft. Drain in a jelly bag, do not squeeze. Measure into preserving kettle, add the strained juice of one lemon for each two cups of juice and boil twenty minutes. Skim and add one and three-quarter cups of sugar to each cup of juice and boil till it jells when a little is dropped on a cold plate.

APRICOT MARMALADE †

Cover firm, ripe apricots with boiling water, remove and peel, split in halves and remove the seeds; weigh, and weigh out an equal amount of fine dry granulated sugar. Crack half of the seeds, remove the kernels, blanch and chop them; place a layer of the halved apricots in a bowl, cover with a layer of sugar and use all of the sugar and apricots until the bowl is filled; cover and let stand overnight. Place the apricots, sugar and kernels in a preserving kettle and simmer slowly, skimming often, until the apricots are clear. Remove the pieces of apricots with a skimmer, place in clean hot jars, pour over the hot syrup and seal tight.

APRICOT JELLY †

Place two quarts of sliced apricots in a preserving kettle, crack the seeds, and add the kernels, and enough water to cover. Cook slowly until the fruit is soft. Pour into a jelly bag and drain. Measure the juice into a kettle and for every six cupfuls add two cupfuls of apple juice and six cupfuls of sugar; boil until a little will jell when dropped on a cold plate. Place in glasses and seal when cold.

PEAR AND APPLE CONSERVE †

Nine hard pears, six tart apples, one and one-half lemons, one-eighth pound canton ginger, one-half pint water, sugar.

Pare, quarter and core the pears. Pare apples, core and cut crosswise in one-half inch slices. Grate the rind of the lemons and add the juice to the water. Cut ginger in small pieces. For every pound of fruit, allow one pound of sugar.

Boil sugar and water to a syrup, add the rest of the ingredients and boil three-quarters of an hour or until thick and clear. Place in glasses and cover well.

PEAR MARMALADE †

Peel, cut in halves and core ten pounds of firm ripe pears, save the peels and cores, place pears in a kettle, just cover with cold water and simmer gently until they are tender. Lift out the pears and add to the water the peels and cores, bring to a boil and boil one hour. Strain and to each four cups add three cups of sugar. Bring to a boil and boil until a little will jell when dropped on a cold plate. Add the pears to the syrup, bring to a boil and boil ten minutes. Pack in jars, seal and store in a cool, dark place.

PRESERVED CITRON MELONS †

Peel off the green rind of the melons, cut them in halves and remove the soft centers. Then cut the fruit into diamonds, strips, or any fancy shapes desired.

Weigh, and for each six pounds of the prepared fruit allow one quart of water, and one-fourth pound of ginger root.

Clean and scrape the root, put all into a preserving kettle and place at the back of the stove, where the mixture will simmer for one and one-half hours.

Meantime make a syrup, using five pounds of sugar for every six pounds of fruit and adding two cups of water to the sugar. Remove the ginger root from the citron and, when the sugar is dissolved, pour the syrup over the citron and cook for one-half hour longer. Then skim out the fruit and spread on a platter, letting it stand in the sunshine or in the oven while the raisins and lemons are added to the syrup. Use three lemons and one pound of raisins. The lemons should be sliced

thin and the seeds rejected. Cook until a rich, thick syrup results. Return the melon to the syrup, cook for fifteen minutes longer, then divide into jars and seal.

Melon preserves are usually made with the melon cut in dice, but it is far more delicious when grated.

NASTURTIUM PICKLE ‡

It takes one year from the time the pickles are put up until they are ready for use. To make, pick young green nasturtium seeds, wash well with cold water to which has been added half a cup of salt to each four cups of water used. Let stand overnight. Drain and dry well with a soft cloth. Pack in clean bottles and pour over a cold spiced vinegar made by adding to four cups of vinegar four tablespoons of tarragon vinegar, four tablespoons of horse-radish, four tablespoons of salt, two cloves and twelve peppercorns. Let stand twelve months and use in place of capers.

QUINCE PICKLES ‡

Eight pounds quinces, eight cups sugar, two cups vinegar, one-half ounce cloves, one-half ounce cinnamon, one-quarter ounce allspice, two blades mace.

Boil the quinces for twenty minutes in just enough water to cover them. Boil the vinegar, sugar and spices for eight minutes. Drain the quinces, put them into the simmering syrup and boil for eight minutes.

Divide into jars and seal when cool.

PEACH BUTTER ‡

Cover ten pounds of peeled and pitted peaches with five pounds of sugar and let stand overnight. Place in a preserving kettle and cook slowly for half an hour, stirring often; add three pounds of sugar and stirring, almost constantly, cook slowly for two hours. Add one and a half cups of finely chopped peach kernels and a seasoning of cloves and cinnamon.

PEACH BUTTER WITH CIDER ‡

Boil one gallon of sweet cider until thick and add to it ten pounds of peeled, pitted, and mashed ripe peaches, cook slowly for thirty minutes, add seven pounds of sugar and cook slowly until as thick as soft butter. Spices may be added if liked. This same recipe can be used for apricot butter using firm ripe apricots in place of peaches.

PRICKLY PEAR JELLY ‡

Carefully rub off the spines from the prickly pears with a thick cloth. Weigh them and cut in halves, place in a preserving kettle, and for every pound of fruit add two cups of water. Boil until the fruit is almost a pulp, place in a jelly bag and drain. Place the juice in the kettle and for every two cups add two cups of sugar and the strained juice of one lemon. Simmer slowly, removing the scum as it rises, until a little will jell when dropped on a cold plate. Pour into clean glasses, cool, cover and store in a cool, dark place.

PRICKLY PEAR PRESERVES ‡

Remove the spines from four pounds of prickly pears, peel and cut them in halves. Place in a preserving kettle four cups of sugar and eight cups of water. Bring to a boil and boil until the sugar is dissolved, remove from the fire and cool. When the syrup is cool add the prepared prickly pears and simmer gently until they are half cooked. Turn into an earthenware jar, cover and let stand two days. Drain off the syrup and strain through a jelly bag, place in a kettle, add four cups of sugar and four tablespoons of lemon juice. Bring to a boil and simmer for fifteen minutes, skim well, add the fruit and simmer very slowly until tender. Skim out the fruit, place in clean jars and pour over the syrup. Seal and store in a cool, dry place.

HALLOWEEN JELLY

Soften one ounce of gelatine in half a pint of cold water. When quite soft, add half a pint of hot water and a pint of good sparkling cider. If the cider be very sweet, the juice of a lemon is an improvement. Set on ice until firm, and when ready to serve, turn into a pumpkin shell which has been prettily carved on the edges.

BEVERAGES

SUGAR SYRUP †

All drinks are better if made with sugar syrup in place of dry sugar. The syrup makes a smoother drink while the dry sugar, unless thoroughly mixed will settle in the bottom of the glasses and all its sweetness will be lost. To make the sugar syrup boil four cups of water and four cups of sugar ten minutes. Strain into hot jars, seal and store in a cool, dry, dark place.

ALOHA ORANGEADE †

Mix the strained juice of four oranges with four cups of grated pineapple, four cups of grapefruit and two cups of cold water; add sugar syrup to taste and pour over broken ice. Mix well and serve in tall glasses.

MOANA PUNCH †

Place a small block of ice in a punch bowl and pour over it one cup of sugar syrup, the strained juice of three oranges, the strained juice of two lemons, four cups of pineapple juice, six cups of grape-juice and one cup of grated pineapple. Mix well, garnish with one cup of chopped strawberries and two diced oranges and serve in punch glasses.

DRY LEMONADE †

Half fill a glass pitcher with cracked ice and pour into it half a cup of sugar syrup, one cup of water, the strained juice of two lemons, and the juice of one orange. Mix well and just before serving stir in two small bottles of Dry Ginger Ale.

CANTON COOLER †

Place in a saucepan three-quarters of a cup of sugar, one and a half cups of water, the thin rind of one lemon, a one inch stick of cinnamon, and one tablespoon of finely chopped preserved ginger, boil five minutes, cool, add the strained juice of three lemons and color a light green with green color paste. Strain into a glass pitcher half filled with fine ice and fill the pitcher with Dry Ginger Ale. Place a bunch of mint in the top of the pitcher and serve in tall, cool glasses.

HILO TEA PUNCH * †

Cover one tablespoon of English breakfast tea with one cup of boiling water, let stand five minutes and strain over a piece of ice placed in a glass pitcher; add to this the strained juice of three oranges, the strained juice of two lemons, half a cup of raspberry syrup, one-third of a cup of sugar syrup, and enough red color paste to color a light red. Just before serving add two bottles of Ginger Ale.

CALAWAII RICKY †

Squeeze half a lime into a tall glass half filled with shaved ice, add half a glass of grape juice and one tablespoon of fine sugar; mix well, fill glass with Ginger Ale and serve with straws.

KAUMANA CUP †

Fill a two-quart glass pitcher one-third full with cracked ice and pour over it two cups of grape juice, half a cup of diced pineapple, two tablespoons of pineapple syrup, one tablespoon of lemon juice, three tablespoons of powdered sugar, half an orange cut in cubes, two slices of lemon cut in dice, four sprays of mint, one thin slice of cucumber rind, and half a cup of chopped Maraschino cherries; mix well and fill the pitcher with Ginger Ale.

FRUIT CUP KAILUA †

Mix one cup of diced pineapple with three peeled and diced oranges, three peeled and diced bananas, three tablespoons of fine sugar, and one cup of grated cocoanut, fill champagne glasses nearly full with the mixture, over the top spread grape ice and top with a Maraschino cherry.

MINT JULEP †

Put a half dozen leaves of mint in a shaker with cracked ice and a little water; shake well and strain contents into a high ball glass. Add two or three lumps of ice, and fill glass with orange juice; float on top of orange juice two tablespoons of cherry juice. Add slices of orange and sprigs of mint. Serve with straws.

VIOLET FIZZ †

Juice one-half lemon, two tablespoons raspberry syrup, two tablespoons fizz mixture, two tablespoons orange juice, sparkling apple juice or cider. Cracked ice.

Put orange and lemon juices in a shaker with plenty of cracked ice and the raspberry syrup and fizz mixture; shake well, strain into a tall fizz glass and fill with sparkling cider.

LOGANBERRY FIZZ †

One-quarter lemon, four tablespoons loganberry juice, one tablespoon powdered sugar.

Press juice from lemon quarter and place with the peel, sugar and loganberry juice in a fizz glass with half a cup of cracked ice.

Fizz with seltzer.

CREOLE COOLER †

Place in a tall glass three sprigs of mint, the juice and rind of one-quarter lemon. Fill glass with cubes of ice. Add four tablespoons orange juice and fill glass with ginger ale.

GRAPEADE †

Juice one orange, one cup grape juice, one cup cracked ice, sugar to taste.

Mix well, add sliced orange and serve in tall glass.

ST. CHARLES LEMONADE †

Put in shaker the juice of one-half orange, one-half lemon, one tablespoon maple syrup, two-thirds cup shaved ice. Shake well and pour into a lemonade glass, fill glass with water. Add one sliced orange. Place on top a spoonful of ice cream.

ROYAL LEMONADE * †

Juice one lemon, one egg, one tablespoon sugar, one-half cup rich milk, one-half cup cracked ice.

Put in shaker and shake well. Pour into a tall glass and fill glass with carbonated water. Add slices of orange.

FRUIT LEMONADE †

Juice one lemon, slice orange, two maraschino cherries, sliced pineapple cut in squares, one tablespoon sugar, one teaspoon orgeat syrup.

Shake the lemon juice, orgeat syrup and sugar with cracked ice and enough water to fill shaker; pour into lemonade glass, add fruit.

CANTON CUP †

Place in a bowl two oranges sliced, the juice of two lemons, four cups of tea infusion, six sprays of mint and half a cup of sliced cucumber, and four tablespoons sugar, mix and let stand on ice for one hour.

When ready to serve strain into a glass pitcher, fill pitcher with cracked ice. Place down the inside of the pitcher six sprays of mint, some whole strawberries and one long piece of cucumber rind. Fill pitcher with soda or ginger ale.

MOULIN ROUGE †

Put into lemonade glass four tablespoons grenadine syrup and the juice of an orange; add two or three lumps of ice and fill glass with soda.

ICED COFFEE WITH ORANGE * †

Place in a saucepan one cup of water and the thinly cut rind of two oranges. Bring to a boil and let simmer for ten minutes. Remove from the fire and add half a cup of sugar, and stir until the sugar is dissolved; when cold strain out the orange peel, and add four cups of clean, strong, black coffee. Chill thoroughly and just before serving add half a cup of coffee cream and the strained juice of the two oranges. Serve in tall glasses and top each glass with a spoon of whipped cream.

MAMIE TAYLOR †

Cut the rind of a lemon in a long strip. Place in a lemonade glass, holding one end above a lump of ice. Pour in four tablespoons of peach cordial and fill glass with ginger ale.

ORANGE COUPE †

Peel and cut in slices some good firm oranges. Sprinkle the slices with powdered sugar, grated cocoanut and a little pineapple juice. Place the orange slices in the ice box, for three hours or until thoroughly chilled. Fill coupe glasses, half full with the sliced oranges, pour over some of their juice, and fill the glass with vanilla ice cream. Decorate the top with a bit of orange or cherry.

ORANGE AND GRAPEFRUIT CUP †

This should always be prepared at least six hours before serving. Shred for each portion half a grapefruit and half of a navel orange. Arrange in layers in a stemmed crystal glass, sprinkling each layer with confectioner's sugar. Do not fill the glass too full, as a delicious syrup will form above the fruit when placed in the ice box to chill and ripen. Just before serving, add a little cherry syrup, garnishing with the cherries and serve very cold.

PUNCH**(For Parties)****ORANGE AND GRAPE PUNCH †**

Two cups orange juice, two cups white grape juice, three cups carbonated water, one square ice.

Place in a punch bowl with slices of orange.

HAWAIIAN PUNCH †

Place in a punch bowl—two tall cans shredded pineapple, two oranges sliced, two bananas, sliced thin, two strawberries, cut in half, one cup sugar, two cups cold water.

Stir until the sugar is dissolved, add two cups cider and a cube of ice. Fill bowl with carbonated water.

HONEY PUNCH †

Boil together, for five minutes, one cup strained honey, two-thirds cup sugar, grated rind eight oranges, pour into a punch bowl; when cool add a block of ice, and juice of two lemons, juice of ten oranges, one can shredded pineapple, one can sliced pineapple, cut in cubes. Stir well and fill the bowl with carbonated water.

PUNCH IMPERIAL †

Place in punch bowl a cube of ice and add two cups of powdered sugar, juice four lemons, juice eight sun-kist oranges, one can sliced peaches, cut in small pieces, one bottle maraschino cherries, two quarts carbonated water. Stir well.

ORANGE WATER †

Put in a bowl, juice eight oranges, juice two lemons, one cup sugar, two cups water.

Stir until the sugar is dissolved. To serve, fill glass with cracked ice and fill with orange water.

FRENCH LEMONADE †

Put in a punch bowl, one cube ice, juice eighteen lemons, one and one-half cups sugar, nine cups water. Mix well until the sugar is dissolved, add two oranges, sliced, one can sliced pineapple, cut in cubes, strawberries or maraschino cherries, and two quarts carbonated water.

SANDWICHES

For the butter beat to a cream one-half a pound of butter and beat into it one-half a teaspoon of paprika, one teaspoon of made mustard, one tablespoon of lemon juice and two tablespoons of mayonnaise. Slice the bread thin and spread with the prepared butter and any one of the following sandwich pastes.

CHICKEN SANDWICH

Make a paste of one cup of finely chopped chicken, one-third of a cup of finely chopped almonds, one-half a pimiento chopped fine, one teaspoon of grated onion and two tablespoons of mayonnaise.

JELLIED CHICKEN SANDWICH

Chop the white meat of cold boiled chicken fine, rub to a paste. Put a scant tablespoon of gelatine in a half cup of cold water, place it over the fire until it has dissolved; then add the chicken paste, a dash of salt and pepper, and a half teaspoon of grated horse-radish. Stir this mixture until it begins to thicken, then stir in one cup of cream that has been whipped to a stiff froth, place it in the ice box until very cold; when ready for use, cut thin and place between slices of crustless white bread. Garnish with parsley and an olive.

VEAL SANDWICH

Put through meat chopper the desired amount. To one cupful of chopped meat add one tablespoon of vinegar; one-half teaspoon of mustard, one-half of a small onion, chopped fine. Salt and pepper to taste. Mix to a paste with mayonnaise dressing, and place between thin slices of lightly buttered white bread. Garnish with a pickle and ripe olives.

POTTED MEAT SANDWICH

Chop one pound of tender cooked veal fine and add one-fourth of a cup of fat pork cooked and chopped fine. Season with salt and pepper, a little anchovy essence, and a little mace. Moisten with a little butter and work until smooth. Press the mixture solidly into small can or jar, pour melted butter to the depth of one-half inch over same, and set in a cool place. When ready for use, slice and place between thin slices of white bread. Garnish with a pickle and ripe olives.

TUNA SANDWICH

Drain and mash fine the contents of one can of tuna, mix with one-half a cup of finely chopped capers or pickled nasturtium seeds, two finely chopped sweet green peppers, one finely chopped pimiento, one tablespoon of finely chopped parsley, one finely chopped onion and one-half a cup of mayonnaise.

SARDINE SANDWICH

Boned sardines rubbed to a paste with lemon juice and paprika and spread between slices of bread spread with creamed butter.

CHEESE SANDWICH

Mix to a paste one cup of cottage cheese with one-third of a cup of chopped walnut meats, one-half a cup of finely chopped celery, one finely chopped pepper and five tablespoons of cooked salad dressing.

CHEESE PINEAPPLE SANDWICH

Beat to a cream half a cup of butter and mix with it half a cup of cottage cheese, four tablespoons of chopped candied pineapple, one-third of a teaspoon of salt and three tablespoons of lemon mayonnaise. Spread on slices of whole wheat bread, put together in pairs, trim off the crusts and cut in finger shaped pieces; serve on lettuce covered plates garnished with olives.

FAIRMONT SANDWICHES

Work a small cream cheese until smooth, using a wooden spoon, and season with salt. Chop red and green peppers separately and wring in cheese cloth to remove some of the moisture. Mix one-half of the cheese with some of the red pepper, the other half with the green pepper. Spread four thin slices of white bread sparingly with butter, on the lower slice spread the green pepper mixture, cover with another slice of bread, on top of that spread a layer of the red pepper mixture, cover with the fourth slice of bread. Fold in cheese cloth and press under a weight, then cut in thin slices downward.

PIMIENTO CHEESE SANDWICH

Pimiento cheese spread on slices of mustard buttered bread; sprinkle cheese with finely chopped walnut or pecan nut meats and cover with a slice of mustard buttered bread.

AMERICAN CHEESE SANDWICH

Mix one cup of grated American cheese with two tablespoons of melted butter, the mashed yolks of two hard boiled eggs and enough mayonnaise to make a paste. Spread on slices of mustard buttered bread and cover with a slice of mustard buttered whole wheat bread.

GREEN PEPPER SANDWICH

Chopped green peppers mixed with mayonnaise, spread between slices of mustard buttered white bread.

AVOCADO SANDWICH

The flesh is rubbed through a sieve, seasoned, mixed with mayonnaise, spread on lettuce leaves, and pressed between slices of bread. For more elaborate affairs, procure some small boats made from puff paste. Press the flesh of an avocado through a sieve, together with the yolk of a hard-boiled egg; season with salt, pepper, and a little lemon or lime juice; fill the boats with this mixture in dome shape; sprinkle the top with the white of the hard boiled egg chopped up; and add a dusting of paprika, or put a strip of red sweet pepper on top.

AVOCADO SANDWICHES

Mash the flesh of the avocado with a fork, or press through a sieve, add a sprinkling of salt and spread thickly between thin slices of bread. Rye bread makes a good combination with the avocado.

CUCUMBER SANDWICHES

Slice the bread extremely thin. With a round cutter one and five-eighths inches in diameter, stamp out rounds in pairs. Cover to exclude air and set aside. Without paring a cucumber, cut in rather thick slices. Stamp out round pieces with the same cutter and marinate these in French dressing for half an hour. Drain cucumber from dressing, and picking them up with the point of a French knife, place between rounds of bread which are unbuttered. Arrange on a plate in piles so that one sandwich overlaps another. The mistake of picking up a sandwich and a half is thus avoided. In the center of the dish place a dainty bunch of cress.

EGG SANDWICH

Make a paste of four hard boiled eggs rubbed through a sieve and mixed with one-half cup of cottage cheese, four tablespoons minced onion, two tablespoons of finely chopped parsley, one teaspoon of made mustard and five tablespoons of mayonnaise.

RAISIN, EGG AND OLIVE SANDWICH

Four hard-boiled eggs, twelve stuffed olives, one cup raisins, salad dressing, slices of buttered bread.

Mix finely chopped hard-boiled eggs, stuffed olives and raisins. Moisten well with the salad dressing and spread between slices of buttered bread.

Thin slices of bread should be always used for sandwiches. Trim off the crusts after filling has been put between the slices. If it is necessary to keep sandwiches for any length of time, wrap in oiled paper.

NUT SANDWICH

Mix one cup of chopped seeded ripe olives with one finely chopped pimiento, one cup of peeled and finely chopped celery, one cup of finely chopped walnut meats, and enough lemon mayonnaise to make a paste. Spread between thin slices of buttered whole wheat bread.

RAISIN PASTE SANDWICHES

One cup seeded raisins, one-half cup walnuts or peanuts, two tablespoons orange or lemon juice.

Put raisins and nuts through food chopper, add salt, orange or lemon juice and mix well, this should be a smooth paste. If too dry add more fruit juice, spread between thin slices of bread, cut in finger shapes.

FIG SANDWICHES

Remove the stems from twelve figs, cut in slices, place in a saucepan with enough cold water to just cover and simmer to a smooth paste. Add two tablespoons of strained orange juice and one teaspoon of lemon juice. Cool and spread thin slices of buttered bread, sprinkle with finely chopped walnut meats, cover with a slice of buttered bread, press together and cut in finger shaped pieces.

RAISIN SANDWICHES

Take equal parts of nuts and seeded raisins, moisten with cream or grape juice and spread on thin slices of bread.

PEANUT BUTTER AND RAISIN SANDWICHES

One loaf day old wheat bread, one cup seeded raisins, one-half cup peanut butter, a pinch of salt.

Put raisins through food chopper twice, mix with peanut butter and salt until smooth; remove crust from bread, cut in thin slices, spread mixture on bread, press together, and cut in three-cornered shape, no butter used.

HONEY AND NUT SANDWICH

One cup honey, two tablespoons lemon juice, nut meats.

Mix honey and lemon juice. Add enough finely chopped nut meats to make a stiff paste. Spread between thin slices of buttered bread, cut in pieces and serve.

HONEY AND NUT SANDWICH

Mix honey with pecan nuts or almonds minced, and make into sandwiches with small baking powder biscuits.

CINNAMON TOAST WITH WALNUTS

Three tablespoons butter, two tablespoons brown sugar, one teaspoon cinnamon, three slices bread, two tablespoons walnut meats.

Cream butter and add sugar and cinnamon. Cut stale bread in one-fourth inch slices, remove crusts, and cut in three pieces, crosswise. Toast on one side, spread untoasted side with butter mixture, and sprinkle with finely chopped walnut meats. Put in oven until sugar melts and serve at once on a doily-covered plate.

SANDWICH FILLING

One-half cup walnut meats chopped fine, one-half cup sharp Eastern Cheese, one-quarter teaspoon salt, one-half teaspoon dry mustard, one-eighth teaspoon paprika.

Mix with enough mayonnaise to spread.

RIBBON SANDWICH

Toast lightly two slices of white bread and one even sized slice of rye bread. Butter one slice of white bread and cover with slices of cooked chicken or turkey, cover this with slices of hot, crisp bacon; cover with buttered slice of rye toast; cover rye toast with a lettuce leaf that has been coated with mayonnaise and sprinkle the lettuce with finely chopped sweet green and red peppers. Cover with the remaining slice of white toast. Serve on hot plate garnished with ripe olives and radishes.

SWEET SANDWICHES

Cover one-half pound of chopped dried figs with cold water, add one-half cup of sugar and two tablespoons of lemon juice; bring to a boil and simmer fifteen minutes; cool and spread between thin slices of buttered whole wheat bread.

Mix equal parts of finely chopped seeded raisins and nut meats to a paste with grape juice and spread between thin slices of buttered bread.

Lay thin slices of peeled bananas seasoned with lemon juice between thin slices of buttered white bread.

Press four peeled and sliced bananas through a sieve and beat into them four teaspoons of lemon juice and two tablespoons of sugar; mix smooth, add the stiffly beaten white of one egg and spread between thin slices of buttered white bread.

Mix chopped preserved ginger with creamed butter and spread between thin slices of whole wheat bread.

Spread thin slices of buttered whole wheat bread with cream cheese; cover cheese with strawberry, peach or orange marmalade and cover with a slice of buttered whole wheat bread.

Mix finely chopped almonds (blanched) sweetened with sugar to a paste with thick cream and spread between thin slices of white bread.

Mix crushed maple sugar to a cream with thick cream and spread between slices of whole wheat nut bread.

Mix finely chopped candied fruits with lemon juice and sweetened whipped cream and spread between halves of lady fingers.

SPANISH RECIPES

SPANISH AND MEXICAN COOKERY

CHICKEN TAMALES *

Boil a medium sized chicken in plenty of boiling water to cover until tender. Drain off the stock, cut the chicken in small pieces, remove all bones and set aside until wanted. Bring the chicken stock to a boil, there should be five cups and stir into it slowly two cups of yellow cornmeal, and stir and cook for one hour; cool, work to a soft dough with one cup of lard, add a seasoning of salt and knead five minutes. Place three large red chili peppers in the oven and roast five minutes, remove the stems and seeds, cover with warm water, add one chopped clove of garlic and simmer until the peppers are soft; run through a sieve, add a little of the water they were cooked in to make a puree. Melt a tablespoon of lard in a saucepan, add one chopped onion and one tablespoon of flour; stir and cook one minute, add the chili puree, the chicken, one cup of seeded raisins, one cup of stoned olives, and a seasoning of salt and pepper, bring to a boil, remove from the stove and cool. Cover dry corn husks with cold water and let stand over night; shake dry, spread on a thin layer of the cornmeal dough over half of each loaf, roll up, cover with four layers of the prepared leaves and tie the ends with strings made from the leaves. When finished place them in a pot, add a little boiling water and steam one hour.

TAMALE PIE *

Stir two cups of cornmeal into six cups of salt water and cook five minutes, pour into a double boiler and cook forty-five minutes. Heat two tablespoons of olive oil in a saucepan, add one sliced onion, one chopped clove of garlic, and two sprigs of parsley, cook until the onion is golden brown, add two pounds of round steak cut in small cubes and stir and cook until nicely browned, add two cups of strained tomatoes, two tablespoons of chili powder, twelve ripe olives, twenty-four seedless raisins, one teaspoon of salt and one teaspoon of chopped parsley. Cook until the meat is tender, adding a little boiling water to make the gravy. Line a buttered baking dish with two-thirds of the cornmeal mush, brush with melted butter and bake in a moderate oven forty minutes. Serve from the baking dish.

TAMALE LOAF *

Cut a flank steak into cubes. Chop an onion, a chili pepper and a tomato fine, and fry slowly in a large spoon of lard with the meat, adding a little water, from time to time, to keep from burning. When brown add enough boiling water to make a pint of gravy and simmer until the beef is tender; then season with salt and a teaspoon of chili powder. Skim out the meat and pass through a fine chopper, return to the gravy and thicken with white cornmeal, enough to make it like a thick mush. Press it into a greased bread tin with a weight on it and when cold cut in thick slices and fry. Serve with chili sauce.

TAMALE PUDDING *

Remove fat and bones from two pounds of fresh pork, cut into small pieces and simmer until tender. Strain from the broth and brown slightly in a large spoon of lard. Add a cup of the broth, salt and a tablespoon of chili powder and cook slowly. Heat a can of Kornlet with a little milk, salt and a teaspoon of sugar. Add a tablespoon of melted lard and a beaten egg. Spread a layer on a pudding dish; then a layer of the meat, and sprinkle with ripe olives, sliced, and repeat until the dish is full. Bake for an hour in a slow oven, sprinkling with water if too dry. Chicken can be used instead of pork.

ENCHILADAS * †

For the enchiladas make a dozen very thin pancakes with white cornmeal, six inches across. Now make the Mexican sauce, chili Colorado which is used in a number of the Mexican dishes. Remove the seeds and strings from a quarter of a pound of dry chili peppers and wash well in plenty of water; cover with cold water and boil ten minutes; drain and rub through a colander, add from time to time two cups of hot water, pouring through the pepper until the pulp is the consistency of cream. Heat two tablespoons of lard in a saucepan and fry in it a clove of garlic; when the garlic is light brown, remove it and stir in the chili pulp, a teaspoon of grated sweet chocolate, a teaspoon of sugar, a teaspoon of salt and a tablespoon of vinegar. Let simmer for five minutes and it will be ready for use. Have ready a cup of ripe olives chopped fine, three hard-boiled eggs chopped, two-thirds of a cup

of finely sliced young onions, and two-thirds of a cup of grated hard Mexican or Parmesan cheese. Heat half a cup of lard in a shallow saucepan; slip into the hot lard one of the pancakes and heat through, remove the heated pancake from the lard and pass it through the hot chili Colorado, place the pancake on a hot platter and sprinkle with the chopped egg, olives, onion and cheese, pour a spoon of the sauce on and roll up. Place the rolled tortillas in a shallow baking pan; sprinkle with the rest of the chopped ingredients, pour over the remaining sauce and heat through in a quick oven.

MEXICAN ROUND STEAK *

Bake in the oven for half an hour, two pound slice of the tender side of round steak, in half a pint of water, basting often; season with salt and pepper; take from oven, cover top of meat with finely chopped onion, cook again for fifteen minutes, then add a covering of tomatoes, cut fine; cook a quarter of an hour, then cover with grated cheese; put back in oven until cheese melts. This must be cooked in a moderate oven. The meat will be very tender, and have a delicious gravy.

MEXICAN CHICKEN IN PIPIAN *

Fry the pulp of six chili peppers, with the crumbs of a quarter of a loaf of stale bread in a large spoon of lard, then pound until smooth. Blanch and roast half a cup each of almonds and peeled melon seed, chop fine and pound. Boil a young fowl until tender in water to cover well, then cut in pieces. Strain a pint of the broth and add it to the other ingredients, with salt to taste; add the chicken, heat through and serve.

MEXICAN MEAT BALLS *

One pound of pork, one pound of beef, chopped fine; a third as much bread as meat, one egg, one small onion, chopped fine, salt and pepper to taste. A tablespoon of chili powder. Put all into a pan with the beaten egg and mix thoroughly; roll into small balls. Cook in a sauce which has been made as follows; one quart of tomatoes, one chopped onion, one tablespoon chili powder, salt and pepper to taste. Place the meat balls in the sauce, boil gently for about an hour. Thicken the sauce with a little flour and pour over the meat.

MEXICAN TONGUE *

Slice boiled tongue, fresh or salted, thin; add half a cup of stoned ripe olives, cover with chili Colorado, and simmer until quite tender. Serve with Mexican Rice.

MEXICAN TRIPE *

Roll a pound of sausage meat into small balls, dust with flour and brown in a frying pan. Skim out and fry a shaving of garlic and a chopped onion in the sausage fat until they begin to color; then add two cups of tomatoes, a chopped chili or bell pepper and salt and pepper. Simmer for half an hour; then season with a teaspoon of chili powder. Have ready a pound of fresh tripe boiled until tender and cut in squares or diamonds. Dust the pieces with flour and fry. Drain and arrange on a hot platter around the sausage balls and cover all with the sauce strained.

MEXICAN CHALUPE *

Mix a generous cup of white corn meal, with a tablespoon of melted lard or butter, half a teaspoon of salt, and half a teaspoon of chile powder, and enough hot water to soften to a thick smooth paste. Line small, well-greased gem pans with the mixture, using the back of a wet spoon to form into shallow cups. Brush with melted lard and bake. Cut fine a small piece of choriza (Mexican Sausage), or use pork sausage fried with garlic; add a hard-boiled egg, chopped, a slice of onion, chopped, and a few stoned ripe olives, chopped. Simmer for a few minutes in a half cup of beef broth, seasoned with chili powder and a little vinegar. Thicken with a dozen blanched almonds chopped and pounded, pour into the little cups and serve.

MEXICAN HALIBUT *

Boil two and a half pounds of halibut, then free it from skin, bone and flake it. Have ready chopped one fine large onion, six Spanish peppers, eight olives and a stalk of celery. Add a cup of fine crumbs and add the mixture to the fish with two tablespoons of chutney syrup, a tablespoon of Worcestershire sauce, a cup of

tart apple sauce, one-half cup of melted butter, and the whites of two eggs stiffly beaten. Put into well buttered baking shells or ramekins and bake from twenty to forty minutes, covering them the first fifteen minutes.

MEXICAN BACALAO *

Fry a clove of garlic in a quarter of a cup of olive oil, skim out and add a quarter of a pound of peeled potatoes, sliced. Fry brown and add a pound of codfish, which has been soaked for twelve hours and been picked in small pieces. Stir well, add a can of tomatoes, drained, a pinch of oregana (marjoram), a cup of sour wine, or vinegar, add the pulp of six chili peppers. Cook slowly for an hour or more, and stew with ripe olives before serving.

MEXICAN CRABS *

Boil two crabs and when cold remove the meat. Rub together two tablespoons of flour and one of butter, when smooth thicken a half pint of milk, and when it reaches boiling point remove it from the fire. Add to it half a teaspoon of paprika, a level teaspoon of salt, a saltspoon of white pepper, a tablespoon of chopped tarragon leaves; mash the yolks of four hard-boiled eggs together and work in the sauce. Add the crab meat, mixing all thoroughly. Add a half cup of soft bread crumbs, a tablespoon of chutney syrup, mix all together and fill the empty crab shells with the mixtures, dotting the top of each with a little butter and dusting with a little grated cheese. These crabs may be put into a frying basket and plunged into hot fat for two minutes, but they are nicer if baked in the oven for fifteen minutes, or until they are a delicate brown on top.

CHICKEN CHILI *

Cup up two chickens, stew, and when nearly done add a little parsley and two onions. Take a half pound of dried chili peppers, remove seeds and pour on boiling water. Steam fifteen minutes; pour off water and rub through a sieve; add this to the chicken; let cook half an hour. Add butter size of an egg, salt and thicken with flour.

MEXICAN CHILI STEW *

Four medium sized potatoes, four large tomatoes, one good sized onion. Cut all in small pieces; two pounds of lean beef cut in dice. Put beef in pot with two tablespoons of heated butter and the onion and stew half an hour; then add the rest of the vegetables with one quart of hot water, one tablespoon of chili powder and three of Worcestershire sauce; salt and pepper to taste with one clove of garlic; cook on slow fire until thoroughly done.

CHILI CON CARNE *

Take two pounds of chopped beef, cover with boiling water, add one can of tomatoes, salt, butter, the size of an egg, and one tablespoon of chili powder; cook slowly for two hours; thicken with flour mixed with cold water.

CHILI CON CARNE *

Fry a chopped onion and a half clove of garlic in a large spoonful of butter until transparent; then add two pounds of round steak, cut for stew, and brown all over. Add two cups of chile Colorado, cover and simmer for an hour, or until the meat is tender; then stir in a tablespoon of ground, sweet chocolate, a slice of fried bread, pounded fine, salt to taste and enough boiling water to blend nicely; add a teaspoon of vinegar. Bring to a boil and serve.

CHILI CON CARNE *

Chop fine two pounds of clear beef and place in a frying pan with three tablespoons of hot lard, two cloves of garlic chopped, one medium onion chopped, and cook slowly, but do not brown, for thirty minutes. Add one cup of tomato, one teaspoon of salt, two tablespoons of Spanish seasoning and a half cup of hot water. Add the meat, and cook until tender. Do not let cook dry, but add more hot water if needed. This can be served separately or with the cooked California pink or Mexican Bayo Beans.

CHILI COLORADO †

Remove seeds and veins from a quarter of a pound of dry chili peppers and wash well in plenty of water, then boil for about ten minutes; drain and rub through a colander, adding water from time to time to loosen the pulp, using about a pint in all; pour this through the peppers again until it is as thick as very thick cream. Heat a large spoon of lard and fry it in a clove of garlic, then skim it out and stir in the pulp, a teaspoon each of grated sweet chocolate and sugar, a tablespoon of vinegar and a teaspoon of salt.

MEXICAN CHILI SAUCE †

Toast in a hot oven, or on top of the stove, until they blister, a dozen fresh red chiles; drop them into boiling water and simmer until soft enough to rub through a sieve, first removing the seeds and veins and adding a little hot water enough to make a puree. Fry in a spoon of hot lard with a teaspoon of vinegar, one of onion juice and salt to taste.

CHILI RELLENOS * †

Roast six bell peppers until the skin will peel off; make an incision, remove the seeds and veins and fill with a mince made of two cups of chopped cold meat, a chopped onion fried, half a cup of blanched almonds, chopped, and two thick slices of bread soaked in cream, salt and paprika. Beat the whites of two eggs; add the yolk and beat again; dip the peppers in flour and then in the egg and fry in a deep hot fat.

CHILI RELLENOS CON QUESO † *

Prepare six long fresh peppers, preferably red ones, removing the veins as well as the seed. Slip in a thick slice of dairy cheese, dip in beaten egg and fry in boiling fat. When golden brown, drain and serve with cream sauce.

MEXICAN BANANAS †

Pare enough bananas to allow one to a portion. Put them in a buttered pie plate with a generous amount of butter on each, dust lightly with pepper and salt, and turn over them a half cup of honey and a quarter cup of boiling water. Cover and bake in the oven for fifteen minutes; uncover and bake until they are a delicate brown.

Another way of baking the bananas is to take off a strip of the peel lengthways and then lay the bananas in a buttered baking pan; pour into the top a little melted butter that has been seasoned with lemon juice and a teaspoon of chutney syrup. Let them bake for twenty minutes. When done they may be served in the shells or be very easily removed from the skins and a little melted butter turned over each portion.

MEXICAN STRING BEANS †

String, break, and boil until tender one quart of string beans. When done, drain them and add a tablespoon of butter and a little chopped parsley, onion, and sweet pepper. Have ready fried some diced bacon or pickled pork, grate a little nutmeg over it, and add the juice of a sour orange; add this to the beans, pour all into a buttered baking dish, dust with paprika and a tablespoon of very fine bread crumbs, and bake a delicate brown. Bake fifteen minutes.

FRIJOLES †

Put one pint of pink beans to soak overnight then put them on to boil in salted water until tender. While they are cooking, fry two good sized onions in bacon fat; add one-half can tomatoes, about six or eight red chili peppers that have been cleaned and part of the veins removed; unless one likes them very "hot", put them on in water and let boil a few minutes; then scrape off the red, jelly-like chili from the tough skin, and add with the onions and tomatoes to the beans. Let all boil several hours until very soft, stirring frequently to prevent burning.

MEXICAN COLACHE † *

Fry a chopped onion in a large spoon of butter until transparent. Add a chopped bell pepper, remove seeds and veins, half a dozen young summer squash, cut in pieces, without peeling them, and a tomato. Cover and simmer gently until done, shaking occasionally; then add three ears of green corn cut from the cob (or half a cup); season with salt and red pepper and serve.

MEXICAN CUCUMBERS †

Pare, quarter and take the seeds from six cucumbers, cut in inch lengths, drop into boiling water with a little salt in it, and boil six minutes. Drain and put a layer into a buttered baking dish, then a layer of fine crumbs, a sprinkling of salt and pepper, a teaspoon of sugar and a teaspoon of finely ground nutmeats; continue until the quantity is used up, then pour over a cup of tomato sauce, not too thick, sprinkle with grated cheese and bake a delicate brown. The mixture may also be used in ramekins. Bake thirty minutes.

MEXICAN EGGPLANT †

Cut the eggplant in thick slices, let lie in cold salt water until ready for use, boil in clear water until tender, for perhaps fifteen minutes, or less, then place in well buttered baking pan and on top of each lay a thick slice of tomato, sprinkling over them a mixture of fine bread crumbs, a sprinkling of salt and pepper, a saltspoon of sugar, a little grated cheese and putting a tablespoon of butter on the top of each, bake in a moderate oven.

MEXICAN POTATOES AND CHEESE † *

Beat the yolks of two eggs into a pint of rather stiff mashed potatoes with a little salt and a pinch of chili powder; then roll into balls as large as a peach. Have ready a thick paste made of grated or chopped cheese and thick cream. Insert by spoonfuls in the middle of the balls, close, roll in egg and bread crumbs and fry in deep fat.

MEXICAN GREEN PEPPERS * †

Cut the stem end from the peppers and remove the seed cones. Have ready a mixture of one cup of sausage meat, a finely minced onion, a half cup of finely chopped mushrooms, a half cup of bread crumbs, a saltspoon of pepper, a half teaspoon of chutney syrup, and a teaspoon of chopped chives. Place the peppers in a well buttered baking dish, after stuffing them and tying on the covers, and pour around them enough good brown gravy to half fill the dish. Bake thirty minutes, and serve. This mixture will fill four large pepper shells.

MEXICAN FRIED TOMATOES †

Select four firm ripe tomatoes and wash them and cut in thick slices without paring them. Dust lightly with pepper and salt and fry them in hot butter. When done, drain; then lay each slice on a buttered toast round, pour over each a small cup of hot cream and serve at once. The slices may be dipped in crumbs, fried and served without a sauce.

MEXICAN STUFFED TOMATOES †

Select as many tomatoes as are needed to serve one to a portion, and hollow out the stem end. Make a savory stuffing of a half cup of bread crumbs, a teaspoon of chopped celery and onion and a half cup of flaked cold boiled codfish; season all highly, add a quarter of a cup of melted butter and a tablespoon of cream and stuff the tomatoes with it. Dip each after it is stuffed in a little melted butter; then sprinkle with fine bread crumbs and bake on a buttered pan. Do not bake long enough to have them collapse and spoil the appearance of the dish. This stuffing will fill four large tomatoes.

MEXICAN SOUFFLE *

Scald a cup of clear black coffee. Stir into it three tablespoons of butter that have been creamed with three tablespoons of cornstarch and two of grated chocolate. Remove from the fire and stir it slowly into the yolks of three eggs, beaten well with a third of a cup of butter. Fold in the whites, beaten stiff, and bake in a pudding dish, in a pan of hot water for twenty-five minutes.

TORTILLA *

Mix a cup of flour with one of white cornmeal and a good pinch of salt. Rub in a tablespoon of lard and just enough water to make a stiff dough. Pinch off pieces as large as an egg and roll into circles about seven inches across. Bake on top of the stove, turning frequently, until done, but do not brown them. The true tortilla is prepared from fried dried corn soaked in lye and then ground in a metate.

MEXICAN CAKE *

Put one cup of molasses into a mixing bowl with two tablespoons of melted butter, one cup of boiling water, one teaspoon of baking soda dissolved in a little boiling water, one tablespoon of ground ginger, and three cups of sifted flour. Turn into buttered layer cake pans and bake. Have ready, when the cakes are done, a

lemon filling made after this recipe; two cups of sugar, the grated rind of two lemons, and the strained juice; two tablespoons of flour mixed with cold water, one tablespoon of melted butter, one cup of boiling water. After thoroughly mixing add the beaten whites of two eggs and cook all together in a double boiler until thickened. Let cool slightly before spreading the cake, then frost the top with a soft frosting, flavored with lemon and decorate the top of the cake with candied kumquats, cut in halves or slices.

AVOCADO CANAPE * †

Pare, seed, and dice two avocados and let them marinate in French dressing for an hour. Prepare a thick slice of toast for each portion, hollow out the center, sprinkle with grated cheese, and let stand a couple of minutes in the oven to melt the cheese. Drain the avocado and heap in the center of each slice of toast. Garnish with olives, stuffed with almonds. This will make six canapes.

AVOCADO COCKTAIL †

Cut two fine avocados into small balls with a French potato cutter; chill thoroughly and serve in cocktail glasses mixed with French Dressing.

AVOCADO SALAD †

Peel and remove the stones from two large avocados; cut in small dice, add salt to taste, two or three tablespoons of olive oil, onion, cut very fine, to flavor. Surround with crisp lettuce leaves and add cayenne pepper if desired.

ESCALLOPED AVOCADO † *

Pare, seed, and dice two avocados and add to them one cup of fine cracker dust. Put in a buttered dish, dust with a half saltspoon of pepper, a saltspoon of salt, a teaspoon of sugar and a grating of cheese. Break two eggs into a cup of cream and pour all over the mixture. Bake a delicate brown in a medium oven. Bake thirty minutes.

AVOCADO SOUP † *

Beat a cup of double cream until thick and mix with the beaten yolks of two eggs; pour into it slowly a generous pint of hot chicken consomme; season with salt and cayenne and place all in a double boiler; add the pulp of a large avocado cut in dice, stir until the soup thickens, then strain. Milk scalded with an onion, green pepper, bay leaf, and cloves, then strained, can be substituted for the consomme.

AVOCADO SOUP †

Pare and cut into small pieces four good sized avocados; put them in a double boiler with a pint of water and one chopped red pepper, a quarter of a bud of garlic and one thinly sliced onion. Boil until very tender, put all through a puree sieve, add to it one pint of hot cream, a small lump of butter, pepper and salt to taste. If the soup is too thick, thin it slightly with a little bit of milk, but leave it a heavy soup and serve with toast squares that have been fried in butter and carefully drained.

MEXICAN SOUP *

Chop fine half a pound of meat, a carrot, a turnip, onion, pieces of celery, parsley and green pepper; stir into a quart of boiling water; cover and simmer for half an hour, skimming occasionally, then strain; return to the saucepan with half a cup of boiled rice or vermicelli and a scant teaspoon of chili powder dissolved in a half cup of cold water. Heat and serve.

SPANISH CHICKEN PIE *

Cut a chicken and boil with a kitchen bouquet until tender, remove the meat from the bones and fry a nice brown in two tablespoons of chicken fat with two sliced onions, two chopped green peppers and one and a half tablespoons of flour. Heat three cups of stewed tomatoes with two dozen ripe olives and one chopped clove of garlic. Grate the pulp from seven large ears of corn and place in a baking dish, season with salt, add chicken and tomato mixtures. Mix well and bake a nice brown. Serve from the baking dish.

SPANISH CHANFAINA OF LIVER *

Scald a pound of lamb's liver, cut in cubes, for three minutes, then drain. Soak a cup of stale bread crumbs in hot water and squeeze dry; mix with an onion, a branch of parsley, two sprigs of mint, all chopped fine, a pinch of cloves, cinnamon, Spanish saffron, a tablespoon of olive oil, a cup of broth, salt and tabasco sauce. Heat, add the liver and bring to a boil, then serve.

SPANISH TONGUE WITH WALNUT SAUCE *

Boil a fresh tongue an hour, trim carefully and boil again until tender in soup stock, adding a cup of diced vegetables and a kitchen bouquet, and a green pepper. Soak four slices of stale bread in water. When soft squeeze in a cloth and mash. Chop fine and pound two dozen walnuts; mix with the bread and fry. Add enough strained broth to make a smooth creamy sauce; bring to a boil; then pour over the tongue, which has been placed on a hot platter.

SPANISH PIE *

Line a pudding dish with rich crust, rolled thin. Cut into flakes a pint of cold game, or chicken and place a layer on the pastry; then a layer of canned red pepper, next a thin layer of sausage meat, and repeat until the dish is full. Pour in a glass of claret, mixed with two tablespoons of flour, sprinkle with salt, cover with pastry, pinch edges together and bake.

POLLO MOLE COLORADO * †

Fry three slices of stale bread, chopped onion, and a clove of garlic in a tablespoon of lard until browned; then pound well with some sesame and a few anise seed. Soak three chili peppers in boiling water until soft, remove the seed and rub through a colander with a little water; add it to the other ingredients and put all in a saucepan with a peeled tomato, a pinch of cloves and salt and pepper to taste. Add about a cup of chicken broth, and when well blended, the boiled chicken, cut in pieces, heat through and serve.

SPANISH FRICO * †

Slice enough raw potatoes to fill three cups. Line the bottom of a mold with them, then sprinkle with minced onion, salt and chili powder, and over them a layer of rolled cracker crumbs. Next add a layer of beef or any meat, cut in small pieces and repeat until two pounds of meat and the potatoes have been used. Pour over a pint of cream which should come to the top layer. Cover closely and steam from two to three hours. Serve with Spanish or tomato sauce.

PAPAS RELLENAS *

Add to a cup of cold meat, chopped fine, a dozen stoned ripe olives, two chopped eggs, a dozen seeded raisins, a teaspoon of grated onion, salt and cayenne and enough thick brown sauce to hold together. Mix well and heat, then cool and roll into small balls; cover each ball with mashed potatoes into which two eggs have been beaten; dust with flour and fry in deep fat, a few at a time.

SPANISH ESTOFADO DE MADRID *

Cut a pound of fresh pork into thin slices. Remove the fat and fry with a cup of onion and a cup of mixed vegetables, all chopped fine. When nicely colored skim out the vegetables and brown the meat, rubbed over with garlic. Place all in a casserole with a chopped pepper, without the seeds and veins, two sliced tomatoes and salt to taste. Cover with a pint of hot stock or water, cover closely and cook in the oven for an hour or more.

SPANISH HAMBURG SOUP *

Put one pound of round steak through a meat chopper; with the fingers form into balls the size of marbles; then fry one good sized onion in suet, a golden brown; add one cup of tomatoes, two green chili peppers, seeds removed, and about a quart of water; when boiling, add the meat balls; let simmer for one-half hour, then add two small potatoes, cut into dice; boil another half an hour or until potatoes are done; season with salt and pepper. Serve with crackers.

SPANISH SOUP *

Heat three tablespoons of finely chopped beef suet in a two-quart saucepan, add one peeled and chopped onion and fry brown; add two seeded and chopped green chili peppers, one cup of tomatoes and four cups of water; bring to a boil, add one pound of finely chopped round steak rolled in balls the size of marbles and simmer for forty-five minutes; add two peeled and diced potatoes and boil thirty minutes. Season with salt and pepper and serve with croutons.

SPANISH OMELETTE *

Chop fine together three green chilies, remove the seeds, and veins; two tomatoes and two onions. Cook in a frying pan in a tablespoon of lard until tender and rather thick; then season with salt and pepper. Beat six eggs together and stir into the mixture. When it is slightly set let it brown on one side then fold over like an omelette and serve on a hot platter.

COLECANNON †

Melt two tablespoons of butter in the saucepan, add a half tablespoon of Worcester'shire sauce, a saltspoon of pepper, and a half teaspoon of salt; add one cup of mashed potatoes and one cup of finely chopped boiled cabbage. Mix all together, press into a greased mold, and bake in a hot oven for twenty minutes. Unmold on a hot dish and serve plain, or with a smooth tomato sauce.

SPANISH STUFFED ONIONS *

Scoop out the centers of six medium sized onions; parboil them for three minutes, then place upside down on cloth to drain; stuff with forcemeat of sausage or bacon, mixed with heart of onions, minced fine, bread crumbs, pepper, salt, mace and a tablespoon of cream; simmer in the oven for an hour basting often with melted butter. When done, place carefully on a platter without breaking; add to gravy in baking pan the juice of half a lemon, four tablespoons of cream, and a little browned flour; boil and pour over onions.

SPANISH ONION SAUCE † *

An onion sauce which is good with roast duck is made by peeling and chopping fine a small onion; put it in a saucepan over the fire, with a tablespoon of butter, and when the butter begins to brown, stir in a tablespoon of flour. When the flour is brown, add half a pint each of port wine and boiling water, a level teaspoon of salt, a quarter of a saltspoon of pepper and a little grated nutmeg; stir the sauce until it boils, and then keep hot. When the ducks are done, pour the drippings from them into the sauce, mix them well with it, then serve hot.

SPANISH BEANS † *

Wash one pint of Spanish beans in several waters, place on the fire in cold water and allow them to cook half an hour; drain off this water and cook them another half hour; add more fresh water, drain once more, then put them on again, adding fresh water, several slices of fat bacon, and salt to taste. After cooking one hour, add one-third pint of canned tomatoes, one large onion, sliced fine, and one red pepper, chopped, and let boil until well done.

SPANISH STRING BEANS †

Chop one medium sized onion very thin. Fry in one tablespoon lard; add one-half can of tomatoes; cook a little. Season with chili pepper, salt and a little sugar to counteract acidity of tomatoes. Prepare one and one-half pounds of string beans; put them with the tomatoes and onions; cook for fifteen minutes, then add enough water to allow the beans to boil. Cook until the beans are tender and the water is boiled down.

SPANISH FISH STEW *

Fry in the bottom of large saucepan one good sized onion, cut in thin slices, in two tablespoons of olive oil, butter or bacon fat; fry a light brown; add one cup of tomatoes and one cup of water and cook twenty minutes. Have two pounds of sea bass or Rock Cod skinned and cut in four pieces; put in saucepan and, if necessary, add boiling water until sauce nearly covers fish. Season with salt and pepper, one good pinch of saffron and one tablespoon of origano. Let simmer twenty minutes or until fish is done. Thicken sauce with flour made smooth with water; sprinkle the fish with finely minced parsley, and serve on dish with small pieces of toast. The origano or Mexican wild marjoram can be purchased at groceries where Spanish people trade, and saffron can be bought at drug stores. Green peppers (two) cut fine and cooked with the tomato is an improvement.

SPANISH TENDERLOIN OF SOLE *

Four ripe tomatoes or one-half can, two onions, sliced and fried a light brown, two chili peppers, chopped fine, one-half pound of salt pork, cut in small pieces and fried, a pinch of salt; cook all together until tender, then thicken with a teaspoon of cornstarch, and set aside to cool, while preparing the fish. Put one and one-half table-

spoons of good olive oil into a frying pan; when hot, put in fish, which has been rolled in corn meal; fry a nice brown. Put fish in center of dish and pour sauce over it. Serve garnished with parsley and sliced lemons or limes.

SPANISH SHRIMP *

One tablespoon of butter in a saucepan; add a small onion, chopped fine; cook until onion is done; then add one-third can of tomatoes; cook this fifteen minutes; add a can of shrimps, a cup of sweet milk, thickened with flour, one teaspoon of salt, one-fourth spoon of cayenne pepper, a dash of black pepper. Take off when boiled and turn over toasted bread.

CAJETA DE LECHE * †

Make a syrup of four cups of brown sugar; and one of water; bring to a boil, clarify with the white of an egg beaten with half a cup of cold water, and skim until clear. When reduced to a thick syrup add a tablespoon of flour dissolved in a quart of milk. Boil again, stirring constantly, and, as it thickens, add, little by little, another quart of milk and stir until it is of the consistency of thick custard. Remove from the fire and beat with a wooden spoon until lukewarm; then spread it a third of an inch thick, on a platter. When cold cut in diamonds and dust with powdered sugar.

LECHE DE PINA * †

Chop very fine a quarter of a pound of blanched almonds; then pound to a paste in a mortar, adding from time to time the yolks of four eggs and the juice from a pint can of grated pineapple. Scald and cool half a cup of sugar dissolved in a quart of milk. Add it to the pineapple pulp; then add the almond mixture; turn all into a double boiler, and stir until it thickens well, and place in the refrigerator until ready to serve in champagne or large cocktail glasses.

SOSPIROS *

Beat the yolks of five eggs very light with a cup of powdered sugar; then beat in a cup of blanched almonds toasted and pounded. When very thick and light pour into small ramekins and bake in the oven.

SPANISH RICE *

Fry for a few seconds in two tablespoons of fresh lard one cup of rice, add a little chopped onion and a clove of garlic; one cup of chopped cold chicken, veal or ham; season with salt, pepper and a teaspoon of sugar, cover all with boiling water and cook slowly without stirring. When rice is nearly done, remove cover.

BANANA PEPPERS † *

Cut three big green peppers in halves and remove the seed cones, arrange them on a buttered tin, and fill them with the following mixtures. Mash three ripe bananas, add a half cup of sugar, a teaspoon of salt, a half cup of melted butter, a tablespoon of chutney syrup, a tablespoon of chopped pecan nuts, half a cup of dry crumbs that have been fried in butter, and a beaten egg. Fill the peppers with the mixture, dust the top of each with grated Parmesan cheese and a little paprika. Bake until the peppers are tender but do not let them lose their shape. If they cook a little dry, baste with a little melted butter.

SPANISH PASTE (SANDWICHES) *

Three olives, one red Spanish pepper, a chicken liver, that has been boiled and cooled, a thin slice of boiled ham, minced all together very fine, and add one tablespoon of cream cheese, the juice of an onion, a half saltspoon of pepper, and mix all into a smooth paste; if not quite moist enough add one spoon of whipped cream. Keep cool until ready for use, spread on bread, cut in diamond or triangle shapes, and garnish with cress.

BANANA SWEET PICKLE †

Make a very thick syrup of two cups of sugar and a half cup of water, add to it three tablespoons of vinegar, cloves, allspice, and cinnamon to taste. While the syrup is hot pour it over a half dozen ripe bananas that have been sliced crosswise. Let the pickle stand several hours before serving.

HOT SPICE †

This is excellent to add to sauces and gravies. Take two saltspoons each of ground ginger, black pepper, cinnamon, seven cloves, a quarter teaspoon of mace, a saltspoon of cayenne pepper, one-half teaspoon of grated nutmeg, and one and a half saltspoons of white pepper. Pound the ingredients and mix them thoroughly together, and when blended put them into a wide mouthed, clean, dry bottle, and cork it tightly.

SPANISH PICKLES †

Remove the outside leaves and cores from two medium sized cabbages, put in a chopping bowl and chop; turn out onto a platter and sprinkle with salt. Peel thirty-six green tomatoes, cut each in four pieces, place on a platter. Peel twenty-four cucumbers, cut in half inch pieces, place on a platter, and sprinkle with salt. Remove the seeds from twelve small green peppers, cut in coarse pieces, place on a platter and sprinkle with salt. Let the vegetables stand overnight. Scald each vegetable separately in two parts of vinegar and one part of water after each draining. Drain off the vinegar, place the vegetables in a bowl, add one cup of chopped seeded raisins and mix. Place in a saucepan one teaspoon of tumeric, one teaspoon of ground cinnamon, and half a cup of vinegar; mix smooth, add one teaspoon of white mustard seed, one teaspoon of celery seed, eight cups of brown sugar, and seven cups of vinegar; stir until the sugar is dissolved, bring to a boil for ten minutes; pour while hot over the mixed vegetables, pack in jars and seal.

PALANQUETAS (PRALINES) †

Boil rapidly together a cup each of white and brown sugar, one of water, and four tablespoons of butter; when it hardens when tested in cold water, drop in tablespoons on an oiled slab or tin, pressing halves of pecans or walnuts around the edges of each quickly, before it gets cold. They should be about three inches in diameter and rather thin.

BIEN ME SABE *

Add a cup of milk to the grated meat of a large fresh cocoanut. Heat slowly, then squeeze in a cheese cloth until all of the milk is extracted. Pour this cream into a double boiler and add the yolks of four eggs beaten well with four tablespoons of sugar. Stir until the cream thickens slightly, like custard; then pour over small squares of sponge cake in a glass dish. Beat the whites to a stiff meringue with a little sugar and vanilla and spread over the top; then sprinkle the powdered cocoanut over all, and garnish, if you like, with candied cherries.

SPANISH CREAM *

Soak one-half box of gelatine in one quart of milk for one hour. Then put on the fire and stir until it begins to thicken. Add the yolks of three well beaten eggs and a cup of sugar. When it boils strain into a mold and flavor with vanilla. Beat the whites with three tablespoons of sugar, flavor with vanilla and use as a sauce when the cream is ready to serve.

SPANISH OJALDAS *

Beat two eggs very light; add a pinch of salt and enough flour to make rather a stiff dough. Knead for ten minutes, roll out and let stand for a few minutes; then divide and roll out each piece as thin as possible. Cut into diamond shaped pieces and fry a golden brown in deep fat. Drain and cover with a hot syrup flavored with lemon and cinnamon or honey.

SPANISH SAMBAYON SAUCE *

Heat a cup of milk. Beat the yolks of two eggs with two tablespoons of sugar until thick; then add the hot milk, very slowly. Turn it into a double boiler, add four tablespoons of sherry and beat until it thickens, slightly, removing it before it boils. Serve hot or cold.

SPANISH SWEET POTATO PONE †

Wash, peel and grate the sweet potatoes; measure five cups into a large bowl; into this stir three cups of molasses, two cups of butter, (melt the butter carefully and do not let it get oily,) one cup preserved ginger, one cup preserved orange peel, chopped, one teaspoon salt, one tablespoon ginger and two tablespoons allspice, cloves, mace and cinnamon mixed. When all these ingredients are thoroughly mixed together, pour the pone into a well greased pan, and bake in a moderately hot oven. Try it with a knife; when the blade comes out clean, take it out of the oven. Let it get cold before taking it out of the pan. It should look dark, like a rich preserve when properly baked.

CHESTNUT SOUP *

Peel some roast chestnuts, warm them in butter, moisten them with stock and white wine, and simmer over a slow fire until soft. Then pound them in a mortar, rub through a sieve, and mix with a thin puree of game. Heat in a double boiler, and serve with small croutons (fried bread).

ASPARAGUS SOUP †

Boil a bunch of asparagus in salted water for half an hour, then cut off their heads and put them into a soup tureen. Meanwhile boil one quart of milk, mix three tablespoons of flour and one of butter together, and add to the milk; stir until it thickens. Rub the rest of the asparagus through a sieve and add to the milk. Take it off the fire, season with salt and pepper, and pour it into the tureen on the asparagus heads.

LETTUCE SOUP †

Put the mealy part of four potatoes into boiling consomme, the blanched leaves of two heads of celery, one lettuce chopped up, one pint of green peas, and two large tablespoons of flour well stirred in cold broth. Boil for one and a half hours, and serve with croutons.

POTATO SOUP "ALLA ROMANA" †

Parboil four large potatoes in one quart of water; add one bay leaf, half an onion, one head of celery, and some chopped parsley. Boil over a slow fire, add two ounces of butter and two tablespoons of flour, and mix well. Rub the potatoes through a sieve into a saucepan, add boiling milk, a little at a time and serve hot.

ONION SOUP †

Peel and cut three large Spanish onions in slices. Put two ounces of butter into a saute pan, and add the onions when the butter is hot. Just before they are browned take them off the fire and put them into a saucepan with two quarts of good stock. Boil slowly for half an hour, and add a little pepper and salt. Strain through a sieve and serve very hot. Add croutons to the soup.

ONION SOUP "PUREE ALLA SOUBISE" †

Chop up a few onions, warm them in butter, but take care they do not brown. Stir in three tablespoons of puree of white haricot beans, and a pinch of grated nutmeg, and rub through a sieve. If the puree is too thick add a little stock. Serve with croutons in the soup.

PALESTINE SOUP †

Scrape and slice six or eight large Jerusalem artichokes and put them in cold water. Then place them in boiling water, boil for one hour, and rub through a colander. Mix them with two ounces of butter and three tablespoons of flour and pour them into one quart of boiling milk, stirring continually until thick. Season with salt and pepper, and serve with croutons.

PEA SOUP †

Shell four pounds of fresh green peas, put them in a saucepan, cover them with cold water, and boil for twenty minutes. Take out one cup of peas. Rub the rest through a sieve, and mix in a saucepan with one quart of milk, four ounces of butter, and two tablespoons of flour. Stir until the soup is thick, add a pinch of salt and grated nutmeg, and the whole peas, and serve very hot.

SPINACH SOUP "ALLA MODENESE" * †

Boil four bunches of spinach, mince fine, and put it in a saucepan with four ounces of melted butter. Stir well, add salt to taste, then take off the fire and mix in two eggs, a little grated cheese, and a pinch of grated nutmeg. Pour this puree into boiling broth, take it off the fire after a few minutes, this will coagulate the eggs and turn the puree into a soft green paste. Serve very hot with croutons.

TOMATO SOUP †

Simmer one quart of tomatoes, or tomato conserve, in a saucepan with one pint of good stock, or water; add one bay leaf, one stock of celery, a little parsley, six peppercorns, and one teaspoon of sugar. Meanwhile melt one tablespoon of butter in another saucepan, and fry one sliced onion, but do not brown it; then add one tablespoon of flour, mix well, see that it cooks without browning. Dilute with a little of the tomato soup, season with salt, and add the rest of the tomatoes. Strain through a sieve, beat it up before serving, and sprinkle small dice of fried bread in soup.

VEGETABLE SOUP (MIXED) †

Cut two potatoes and one onion in pieces. Fry the onion in two ounces of butter till browned, then pour it over the potatoes in a saucepan, add two tablespoons of rice, one sliced carrot, and one quart of water, boil for one hour, then pass through a sieve and put back in the pot. Moisten two ounces of fine corn meal with a little cold milk, add to the vegetables and then pour in half a pint of milk. Stir until it boils, season with pepper and salt, and serve with croutons.

FISH SOUP *

Scrape off all the scales and put the fish whole into a saucepan with some parsley, rosemary, celery, and onions chopped up fine; salt to taste. Put in enough cold water to cover the fish and boil, small fish take five minutes, large ones fifteen. When cooked let it cool a little, and take out the fish carefully to be served cold in mayonnaise or otherwise. Add one or two tablespoons of pure olive oil to the soup and boil for ten minutes, then pass through a fine sieve. Rice or any kind of paste can be added to the soup.

ITALIAN RECIPES**VEGETABLE SOUP "ALLA GENOVESE" †**

Take four kohlrabi, one head of white cabbage, small kail, and some beet leaves, cutting away the stalks and the ribs. Cut the kohlrabi into small pieces and tear the leaves into bits. Wash well and put them into a saucepan full of water with a little minced parsley, and salt to taste. Boil for one hour, then pour away nearly all the water, leaving just enough to cover the vegetables. Add one pint of good milk, cream is of course better, and boil for fifteen minutes. Meanwhile pound twenty leaves of basilicon and one clove of garlic in a mortar, and mix with a handful of grated cheese and three or four tablespoons of pure olive oil. Put one-half of this into the soup when it has boiled fifteen minutes, and the rest just before serving.

RAVIOLI *

Take three-quarters of a pound of curds and half that quantity of boiled spinach or beet leaves drained well, and cut up rather fine, one and three-quarters ounces of Parmesan cheese grated, one whole egg and the yolk of another. Mix well together, adding a little salt. Roll in the shape of small sausages and dip them into flour. Put five or six at a time into boiling water, and as they float (which they will do when cooked) take them out with a strainer, place them in a dish with some small bits of butter and grated cheese and serve hot.

RAVIOLI SAUCE † *

Soak for thirty minutes four tablespoons of dried mushrooms in one cup of hot water, drain, save the water and chop the mushrooms in small pieces. Heat four tablespoons of olive oil, in a saute pan, add one chopped onion, one teaspoon of chopped parsley and one chopped clove of garlic, and cook until the onion is clear. Add the chopped mushrooms, the mushroom water, one cup of beef stock, three tablespoons of tomato conserve (Italian Tomato Paste) and a seasoning of salt. Simmer for forty minutes and use over Ravioli, macaroni or spaghetti.

MACARONI "AL FORNO" *

Bread some large macaroni into pieces about four inches long, and cook it in consomme or veal broth until tender. Put a layer of macaroni in a dish, and sprinkle with salt, pepper, and Gruyere cheese grated fine. Repeat the layers until the dish is full, then cover the top with a thick layer of the cheese, some finely grated bread crumbs and small bits of fresh butter. Bake long enough to brown the top and serve at once.

MACARONI "ALLA QUARESIMA" *

Parboil twelve ounces of macaroni and drain it well. Put in one onion, a little parsley and six anchovies all finely chopped up, into a saute pan with butter, and fry for six or eight minutes; add this to the macaroni with half a tumbler of white wine, one of fish soup or water and a pinch of white pepper, boil over a slow fire for twenty minutes, and serve at once sprinkled with grated Parmesan cheese.

GNOCCHI "ALLA ROMANA" *

Mix one and a half cups of flour and two eggs in a saucepan, add one pint of milk by degrees and three-quarters of an ounce of Gruyere cheese cut into bits. When the paste is cooked put in salt to taste, and three-quarters of an ounce of good butter, spread it in a dish to the thickness of three-quarters of an inch and let it cool. Then cut it into small square pieces and pile it in layers in a baking dish with three-quarters of an ounce of good butter in bits, and three-quarters of an ounce of grated Parmesan cheese between the layers (but not on the outside). Brown in a hot oven, and serve at once.

SPAGHETTI "CON ACCIUGHE" *

Take twelve ounces of medium sized spaghetti, parboil in slightly salted water; meanwhile wash and bone five anchovies, chop them up fine and put them into a saucepan with an abundance of pure olive oil, and a pinch of pepper. Do not let them boil, but when hot add two ounces of butter and the pulp of one or two tomatoes, or some tomato conserve. Pour this sauce over the spaghetti and serve hot.

SPAGHETTI TIMBALETTI DI *

Slide long pieces of spaghetti, or small macaroni, gently into a saucepan, turning them round so that they should not be broken. Boil in salted water until tender, then lay them straight out on a cloth to cool. Butter small moulds, about three-inches high, and wind spaghetti round inside them, beginning at the bottom. As you wind fill each mould with boiled macaroni, pieces of sweetbread cut into small bits, and button mushrooms, already cooked and prepared. Fill the moulds rather tight, or the timbaletti will not stand up, cover them with buttered paper, and stand them in a pan of hot water to cook in a slow oven for half an hour. Turn the timbaletti carefully out of the moulds, pour a little gravy round them and serve hot.

CROUTONS WITH CHEESE *

Cut six rounds of bread about half an inch thick, dip them in milk and then in flour. Take six ounces of grated cheese and mix with two tablespoons of finely chopped parsley. Have ready two eggs well beaten and moisten the cheese and parsley with it, and spread thickly on the rounds of bread. Dip them again in flour, then in the beaten egg, and fry a light brown.

LEEKS "AL FORNO" † *

Take twenty leeks, cut them into pieces two inches long, and put them into cold water. Then boil them in plenty of salted boiling water and when done put them again into cold water. Melt some fresh butter in a saucepan and simmer the leeks over a slow fire, add seven tablespoons of a white sauce made with cream and chicken broth, a sprinkling of Parmesan cheese and the yolk of an egg. Mix well, then put the leeks into a baking dish and brown them slightly in the oven. Serve hot.

LENTILS "ALLA CORONA" * †

After boiling one pint of lentils with a bouquet of sweet herbs, strain them. Meanwhile mince some ham with a little onion and put it to brown with some butter; then add one or two tablespoons of good stock, boil, and strain. Pour this sauce over the lentils with a piece of butter, salt and pepper to taste, heat them, and garnish boiled beef or pork with them.

TOMATOES "AL FORNO" †

Scald, peel, and mash up eight or ten tomatoes, add one teaspoon of salt, and one saltspoon of pepper. Put a layer of bread crumbs into a shallow baking dish, lay the tomatoes on them, sprinkle with one tablespoon of sugar, and a few drops of onion juice. Then cover the tomatoes with a large cup of bread crumbs moistened with one tablespoon of melted butter. Bake half an hour in a hot oven and serve in the baking dish.

TOMATOES "RIPIENI" † *

Wash half a pint of rice in several waters. Take two pounds of boiled and strained tomatoes (or tomato conserve,) season with a little salt and allspice. Put alternate layers of tomato and of rice in a glass baking dish and finish off with a layer of tomato covered with grated bread crumbs moistened with melted butter. Bake in a moderate oven for a good half hour, and serve in the glass baking dish.

TOMATOES "DIPIENI" † *

Choose twelve large smooth tomatoes, cut off the stem end and take out the seeds. Put four ounces of grated bread, one-quarter of an onion minced, a little salt, and two ounces of butter into a saute pan; mix well, and then fill the tomatoes with it. Put them in an earthenware dish and bake for half an hour. Serve very hot.

TOMATOES "ALLA PIEMONTESE" * ‡

Take eighteen rather unripe tomatoes about the same size, put them into boiling water and boil for a few minutes, cut off the stem part, and take out some of the inside with as many seeds as you can. Fill them with rice, and a few mushrooms or white truffles chopped up small. Pour over them two or three yolks of eggs, place them in the oven to color and serve hot.

TOMATO JELLY †

Put ripe tomatoes into a saucepan and simmer gently until they are reduced to pulp, stirring all the time. Strain through a fine sieve, warm the juice, and add to each pint half a pound of white sugar and the juice of half a lemon. Boil all together quickly until it jellies. Lemon peel boiled in it is an improvement.

SALSIFY "AL BURRO" †

Boil the salsify in salted water, then cut up and put it in a baking dish with melted butter, shake from time to time, and add salt and pepper to taste. Before taking off the fire add a little stock, and before serving powder with grated cheese.

BETROOT AND POTATOES †

Boil the beetroot and peel when cold. Cut into thin round slices and put into frying pan with two onions cut up small, two ounces of butter, stir continually and do not let it brown. Add one spoon of flour, and milk enough to make a thick

sauce; add three saltspoons of salt, four of sugar, one of pepper, and one tablespoon of white vinegar, and boil for a few minutes. Then put the slices in the pan to simmer for twenty minutes, and have some mashed potatoes ready to make a border round the dish in which to put the beetroot and the sauce, adding a little cream.

BRUSSELS SPROUTS "AL LIMONE" †

Wash the sprouts and remove any dead leaves. Then put them into boiling salted water and cook for twenty minutes, drain and place them on a hot dish. Meanwhile mix four ounces of butter with two tablespoons of flour, add a little broth or water, and stir well until it boils. Just before serving add a good sprinkling of pepper and the juice of two lemons. Pour the sauce over the sprouts and serve up quickly.

CABBAGE "ALLO UOVO" † *

Drain a well-boiled cabbage and chop it up very fine. Put into a saute pan two tablespoons of butter, and one of flour, for every quart of chopped cabbage. When hot add the cabbage, season with salt, pepper and one or two tablespoons of vinegar, and stir constantly for six or eight minutes. Then put it on a dish, smooth the outside and garnish with quarters of hard-boiled eggs.

CABBAGE (REA) "ALLA FLAMMINGA" †

Remove the outer leaves of a red cabbage and cut it in pieces. Put it into boiling water for fifteen minutes, then dry, and place it in a saucepan with four ounces of butter, a chopped onion, a bay leaf, two cloves, and a little salt and pepper. Boil slowly for about half an hour, stirring it often. When cooked take out the bay leaf, add a little more butter and serve quickly.

CARROTS "ALLO ZUCCHERO" † *

Wash and clean two bunches of young carrots and cut them up. Put them in a saucepan, add two ounces of fresh butter, a little salt and water. When cooked, pour a cup of cream over them with two teaspoons of white sugar, replace the saucepan on the fire, being careful not to let it boil. Then take it off and mix in the yolks of two eggs, stirring all well together. Serve hot.

CAULIFLOWER "AL GRATIN" †

Boil a head of cauliflower in salted water, then break it in small pieces into a saute pan with four ounces of fresh butter. As soon as it boils put it on a dish and pour a bechamel sauce over it. Put it in the oven, and when browned serve in the same dish.

CAULIFLOWER "AL FORNO" †

Boil a large cauliflower. When cool place in a baking pan. Mix two ounces of butter and one tablespoon of flour in a frying pan, add three-quarters of a pint of milk, and stir continually till it boils. Then put in a bay leaf, a little chopped parsley, some salt and pepper, and boil for ten minutes in a double boiler. Then take out the bay leaf and pour the sauce over the cauliflower, sprinkling it with bread crumbs. Put some bits of fresh butter on it, and bake in a very hot oven for ten or fifteen minutes.

CAULIFLOWER "IN STUFATO" † *

Remove the outer leaves and clean a cauliflower; cut it into several pieces and wash them well in cold water. Put them into a saucepan of salted boiling water, and cook quickly for twenty or thirty minutes, until they are quite tender. Take them out without breaking and place them on pieces of buttered toast. Then put some butter in a saute pan, add a little flour, mixed with some broth, stir well till it boils, then add six finely chopped mushrooms, and cook a little more. Take it off the fire and add three whipped egg yolks, salt, pepper, grated nutmeg, and the juice of one lemon. Pour this sauce over and around the cauliflower and serve. The sauce must not be boiled after adding the eggs.

CELERY "ALLA CREMA" † *

Cut off the green leaves and pare four or five heads of celery, cut into pieces two inches long, wash well, and dry on a napkin. Blanch in boiling water for five minutes, drain and put in a saute pan with two ounces of butter and one tablespoon of flour. Stir well together and add two cups of good consommé, and reduce for twenty minutes. Then thicken with the yolks of eggs beaten up with half a cup of cream, and a little grated nutmeg. Serve up hot, garnished with croutons.

CELERY (AL FRITTO) † *

Remove the green leaves and cut the white stalks of the celery into bits one inch long. Clean, and put them into boiling water for fifteen minutes, then dry on a napkin. Beat an egg with stock (or hot water), add a little salt and pepper, put in the celery, roll them in bread crumbs, and fry in butter or fine white lard. Serve hot.

CELERY "AL POMIDORO" †

Cut off the green leaves and clean the stalks of six heads of celery, wash them in cold water, then toss them into an earthenware pot of boiling salt water, and boil fast for twenty minutes. Drain, dry well, put them on a dish, and pour a pint of tomato sauce, or tomato conserve heated, over them. Serve hot.

CUCUMBERS "ALLA COMASCA" †

Peel and slice two cucumbers very fine, and put salt and pepper, and tarragon vinegar over them. Then slice an onion and lay it on the cucumber leaving them to pickle for fifteen minutes. Remove the onion and some of the liquid before serving.

CUCUMBERS "ALLA CREMA" †

Peel six cucumbers, cut them into quarters, remove the seeds, and put them into cold water for half an hour. Place them in a covered saucepan of salted boiling water and cook them for fifteen minutes, then lay them on a hot dish. Melt some butter in a saucepan and mix in one tablespoon of flour, then add half a pint of milk and stir till it boils; add a little salt and pepper, take the saucepan off the fire and add a little more butter and pour the sauce over the cucumbers. Garnish with croutons and serve hot.

CUCUMBERS "FARCITI" † *

Choose cucumbers of about the same size and cut them in two lengthwise. Remove the seeds carefully with a spoon, and fill with a stuffing made of equal parts of minced chicken, or other white meat, and soft bread crumbs, salt and pepper to taste, one egg and a little stock. Sprinkle the top with bread crumbs and lay them into half an inch of stock in a baking dish. Bake in a moderate oven until the cucumbers are soft, filling up with the stock when necessary. Put them carefully in a hot dish, and pour the gravy out of the baking dish, thickened with a very little flour, around them.

EGGPLANT (AUBERGINE) "ALLA GRIGLIA" †

Peel a large eggplant, and cut it into slices half an inch thick, put them in a dish and season with salt and pepper, and pour a tablespoon of pure olive oil over them. Mix well, then broil the slices for five minutes on both sides. Place them on a hot dish, pour a quarter of a pint of butter sauce over them, adding a little chopped parsley and serve hot.

EGGPLANT (AUBERGINE) "SAUTE" † *

Peel one or two eggplants and cut them into slices a quarter of an inch thick. Sprinkle with salt, and pile them on top of each other on a plate. Put a weighted plate on the top of the pile and let it stand for an hour to press out the juice. Then dip the slices in egg and bread crumbs, or in egg and flour, and saute on both sides in lard or dripping. Serve hot.

ARTICHOKES AND EGGS † *

Cut off the sharp tops of quite young artichokes and slice them in four pieces. Flour them and put them into a flat fireproof pan with boiling olive oil. Beat up two or three eggs with some salt, pour over the artichokes, and cook until the eggs are set. Serve hot.

ASPARAGUS "ALLA CASALINGA" * †

Take two pounds of asparagus and cook the green part in boiling salted water. Then drain, and put the asparagus into a baking dish with four ounces of fresh butter, sprinkle with grated cheese, salt and pepper to taste, brown slightly, garnish with eggs fried in butter and serve hot.

ASPARAGUS FRITTO † *

Cut the heads off a bunch of asparagus, boil them in slightly salted water for about fifteen minutes, and then strain. Put half a cup of cream, in which the yolk of an egg and two ounces of butter have been well beaten, into a frying pan, add a tablespoon of sugar, salt and pepper to taste, and stir slowly over the fire for five or six minutes. Then fry your asparagus heads in it and serve very hot.

BEANS (LIMA) "ALLA CREMA" †

Put the beans into boiling salted water, cook well, then drain and dry, season with salt and pepper to taste, and three or four ounces of fresh butter, add a tablespoon of flour and three-quarters of a pint of cream. Boil, and serve up very hot.

FRENCH BEANS "IN FRICASSEA" † *

Cut off the ends and string some young beans; cook them in salted water then drain them well. Put them into a saucepan with some butter, parsley, and chopped onion, or if liked some garlic chopped very fine. Be careful occasionally to add some broth if the beans dry up before they are completely cooked. Boil slowly, and a few minutes before taking them off the fire add the yolks of one or two eggs, according to the quantity of beans, well-beaten with a little water, the juice of a lemon, and some grated Parmesan cheese. Stir from time to time, and never allow them to boil or the eggs will set. To keep the beans a good color a pinch of soda may be put in the water with the salt.

PEAS "ALLO ZUCCHERO" † *

Take a pound of shelled peas, put them into a saucepan with two ounces of butter, one tumbler of water, one ounce of sugar and a sprinkling of salt. Cook them over a sharp fire for a quarter of an hour; when tender, take them off the fire and add the yolks of four eggs well-beaten with half a cup of cream. Put them on the fire again and stir continually to prevent them from boiling. As soon as the eggs are set serve at once.

POTATOES "IN CASSERUOLA" * †

Mix one pound of mashed potatoes, the yolks of four eggs, one cup of cream, and two ounces of butter in a saucepan. Cook until hot, stir constantly until the paste is flaky and light; sprinkle with salt and pepper. Arrange the paste in a circle around a dish and set it in the oven to color. Then fill the circle with a fricassee of chicken or rabbit or any kind of stew, mushrooms, or any cooked vegetables, peas, French beans, etc., left over from the day before, or half a cup of tomato conserve, or the pulp of six or seven fresh tomatoes.

POTATO "FARCITE" † *

Wash six or seven large potatoes, cut them in two lengthwise, scoop out the centers, leaving just enough of the potato to support the skin and fill with forcemeat made of fresh pork minced, salt and pepper to taste, a pinch of grated nutmeg, and a little powdered thyme. Arrange the potatoes in a well-buttered baking dish, and cook for half an hour in a slow oven until well browned.

POTATO "CESTINE" †

Cut off one end of four or more large potatoes, scoop them out in the shape of a cup and half boil them in salted water. Finish cooking in a saucepan with some butter, and then fill them with asparagus heads and young French beans which have already been cooked in butter.

PARSNIPS "AL FORNO" †

Wash and peel six large parsnips, cut them in two and put them into a saucepan with enough boiling water to cover them, for one hour. Then drain, and place them on a hot dish. Meantime melt two ounces of butter in a saute pan with three or four tablespoons of flour, and stir to prevent browning. Add half a pint of hot water and boil five minutes, stirring constantly. Add salt and pepper to taste, pour the sauce over the parsnips, sprinkle them with bread crumbs and grated cheese, and bake for a quarter of an hour, in a slow oven.

ONIONS (SMALL WHITE) †

Boil three-quarters of a pound of small white onions, then put them into a saucepan with two ounces of butter and a little flour, and cook them till they turn a good color. Add about a quarter or half a pint of white wine or broth, and before they have finished cooking add some pepper and grated nutmeg. When the liquid is reduced, serve at once.

The onions can also be put into the oven, sprinkled with Parmesan cheese and melted butter and browned.

ONIONS (SMALL WHITE) †

Place small white onions in cold water for an hour, drain well and put them into a saucepan with a piece of butter, a bouquet of herbs, a slice of ham, salt and pepper, to taste. Cover them with slices of fat ham or bacon, and spread over all a sheet of white paper well buttered. Finish cooking in the oven and serve hot, pouring over them before serving the gravy out of the saucepan.

POLENTA "ALLA PARMIGIANA" *

Stir one pound of fine white cornmeal, a little at a time, into one pint of boiling salted water, until smooth, then turn out into a dish to cool, in a layer about half an inch thick. When quite cold, cut into pieces of an inch long, and pile in layers in a baking dish, sprinkling each layer with grated Parmesan cheese and some melted butter. Bake in a slow oven and serve hot.

POLENTA WITH SAUSAGES *

Make a polenta as above (Alla Parmigiana) and while cooling, boil two or three sausages in an earthen pot with a very little water. When done skin them, break them into small pieces, and add a little stock and tomato conserve. Lay the polenta in a baking dish, putting some sausage and grated Parmesan cheese between each layer with some bits of butter here and there. Then cook with fire above and below, or in the oven and serve very hot.

TABLE OF WEIGHTS AND MEASURES

Twenty-seven, one-third grains.....	One dram
Sixteen drams.....	One ounce
Sixteen ounces.....	One pound
One teaspoonful.....	Sixty drops
Three teaspoons.....	One tablespoonful
Four tablespoonfuls.....	One wine glass, one-half gill or one-quarter cup
Sixteen tablespoonfuls.....	One cup
Two gills.....	One cup
Two cups.....	One pint
Two pints	One quart
Four quarts.....	One gallon
Two tablespoons butter.....	One ounce
Two tablespoons salt.....	One ounce
Two tablespoons sugar.....	One ounce
Four tablespoons flour.....	One ounce
One tablespoon liquid.....	One-half ounce
One square chocolate.....	One ounce
One-third cup chopped nut meats (blanched).....	One ounce
One cupful currants.....	One-quarter pound
One cupful crumbs.....	One-quarter pound
Four and one-third cups coffee.....	One pound
Three and a half cups confectioner's sugar.....	One pound
Four and a half cups graham flour.....	One pound
Two and two-thirds cups oatmeal.....	One pound
Five cupfuls rolled oats.....	One pound
Four and one-third cupfuls rye meal.....	One pound
One and seven-eighths cupfuls rice.....	One pound
Two and two-thirds cupfuls dry beans.....	One pound
Two cupfuls granulated sugar.....	One pound
Two and two-thirds cupfuls brown sugar.....	One pound
Two and two-thirds cupfuls powdered sugar.....	One pound
One cupful (volume).....	Eight ounces
One cupful water.....	Eight ounces
One quart flour.....	One pound
Ten small or nine medium eggs.....	One pound

TIME TABLE FOR BAKING

Beef, loin or ribs, per pound.....	Eight to ten minutes
Beef, loin or ribs, well done, per pound.....	Twelve to sixteen minutes
Beef, ribs, rolled, rare.....	Fifteen to eighteen minutes
Beef, ribs, rolled, well done.....	Twenty to thirty minutes
Beef, fillet, rare.....	Twenty to thirty minutes
Beef, fillet, well done.....	Sixty minutes
Mutton, leg, rare, per pound.....	Ten minutes
Mutton, leg, well done, per pound.....	Fourteen minutes
Mutton, forequarter, stuffed, per pound.....	Fifteen to twenty-five minutes
Lamb, well done, per pound.....	Fifteen to twenty minutes
Veal, well done, per pound.....	Eighteen to twenty-two minutes
Pork, well done, per pound.....	Twenty minutes
Venison, rare, per pound.....	Ten minutes
Chicken, per pound.....	Fifteen to twenty minutes
Turkey, nine pounds.....	Three hours
Goose, nine pounds.....	Two and a half hours
Duck, domestic.....	One to one and one-quarter hours
Duck, wild.....	Twenty to thirty minutes
Grouse.....	Twenty-five to thirty minutes
Ham.....	Four to six hours
Fish, three or four pounds.....	Forty-five to sixty minutes
Small fish and fillets.....	Twenty minutes
Beans with pork.....	Six to eight hours
Bread, white loaf.....	Forty-five to sixty minutes
Graham loaf.....	Thirty-five to forty-five minutes
Baking powder biscuits.....	Twelve to fifteen minutes
Gems.....	Twenty-five to thirty minutes
Quick doughs.....	Eight to fifteen minutes
Cookies.....	Eight to ten minutes
Gingerbread.....	Twenty to thirty minutes
Sponge cake.....	Forty-five to sixty minutes
Cake, layer.....	Twenty to thirty minutes
Cake loaf.....	Forty to sixty minutes
Fruit cake.....	Two to three hours
Cake, wedding.....	Three to five hours
Cakes, small.....	Fifteen to twenty-five minutes
Batter puddings.....	Thirty-five to forty-five minutes
Pies.....	Thirty to fifty minutes
Tarts.....	Fifteen to twenty minutes
Patties.....	Fifteen to twenty-five minutes
Vol-au-vent.....	Fifty to sixty minutes
Muffins, yeast.....	Thirty minutes
Muffins, baking powder.....	Twenty to twenty-five minutes
Indian pudding.....	Two to three hours

NEW YEARS, THANKSGIVING

- AND -

CHRISTMAS MENUS

CHRISTMAS AND NEW YEARS MENUS

The question of what to serve for the Christmas and New Years dinners is easy to answer if one cares to follow the traditional menus; but, we all cannot serve eight or nine course dinners, so why not serve a simple, tasty meal using the fruits and vegetables that are abundant in the markets.

The decorations should be simple; a small centerpiece of bright flowers.

CHRISTMAS BREAKFAST MENU

Strawberries with Powdered Sugar ‡
 Rice and Raisins Boiled in Milk ‡ *
 Shirred Eggs, Ranch Style *
 Pop-Overs * Marmalade ‡
 Coffee with Whipped Cream *

CHRISTMAS DINNER MENU

California Lobster Cocktail *
 Roast Goose, Liver Dressing *
 Apple Sauce ‡ Pickled Pears ‡
 Creamed Cauliflower ‡ Whipped Mashed Potatoes ‡
 Lettuce, Cress and Pimiento Salad ‡
 Christmas Pudding *
 Hard and Foamy Orange Sauce
 Cream Cheese ‡ Salted Wafers *
 Nuts and Raisins ‡ Bonbons ‡ *
 Black Coffee *

LOBSTER COCKTAILS *

Make the sauce for the Lobster cocktails the day before Christmas, place in a fruit jar, and set in the ice box until needed. Cut the meat of two medium sized, boiled California lobsters in even sized pieces, chill and with them fill cocktail glasses two-thirds full and cover with a sauce made by mixing one and a half cups of tomato catsup with two teaspoons of Worcestershire sauce, four tablespoons of tarragon vinegar, four drops of tabasco sauce, and a seasoning of salt and paprika. If liked top each glass with a spoon of whipped cream and dust with paprika.

LIVER STUFFING FOR GOOSE *

Wash the liver of the goose, dry, and fry for one and a half minutes in two tablespoons of bacon fat; chop fine and rub through a sieve. In the fat in the pan cook until tender one finely chopped onion and one finely chopped shallot; place in a bowl one and a half cups of bread crumbs, moisten with four tablespoons of melted butter, add the goose liver paste, the cooked onion and shallot, four tart apples peeled, cored and chopped fine, and a high seasoning of black pepper and thyme.

LETTUCE, CRESS AND PIMIENTO SALAD ‡

Mix equal parts of washed watercress and cubes of grapefruit with a dressing made by mixing one-quarter of a teaspoon of white pepper with one-quarter of a teaspoon of dry mustard, one-quarter of a teaspoon of paprika, two-thirds of a cup of vinegar, and two cups of olive oil. Place the mixture in a bottle and set in the ice box. Shake well before using. Garnish a plate with crisp lettuce leaves, cover the lettuce leaves with the mixed grapefruit and watercress and garnish with strips of pimiento.

CHRISTMAS AND NEW YEARS MENUS

NEW YEARS DINNER MENU

Toke Point Oyster Cocktail *

Celery Hearts ‡	Salted Nuts ‡	Ripe Olives ‡
Roast Young Chicken, Fine Herb Dressing		
Cranberry Jelly *		
Eggplant, Martha ‡	Sweet Potatoes Browned ‡	
Lettuce Salad ‡		
California Fruit Pudding ‡, Hard and Orange Sauce		
Sweet Cider ‡	Coffee *	

ROAST CHICKEN

Select a plump young rooster weighing not less than three pounds. Singe, draw and truss it for roasting; season with salt; cover the breast with a large thick slice of fat bacon. On the bottom of the roasting pan place one sliced carrot, one sliced onion, a bay leaf and half a cup of finely chopped bacon. Place the chicken on the vegetables, butter and bake in a medium oven one hour. Baste frequently and when nearly done remove the bacon from the breast and allow the chicken to brown. Remove the strings and place on a hot platter; pour off the fat in the pan and add to the liquid remaining half a cup of milk mixed with two teaspoons of flour. Boil up once, season and strain. Pour part of the sauce around the chicken on the platter and serve the rest in a sauce boat. Garnish the chicken with watercress. The sweet potatoes should be peeled and placed in with the chicken and basted at the time the chicken is basted.

CALIFORNIA FRUIT PUDDING

Beat well three eggs and beat into them three-quarters of a cup of sifted flour, three tablespoons of sugar, two teaspoons of grated nutmeg, one tablespoon grated orange rind, one teaspoon grated lemon rind, and one cup milk; beat smooth. Now add two-thirds of a cup of seedless raisins, two-thirds of a cup of seeded raisins chopped, half a cup of chopped figs, half a cup of chopped blanched almonds and one-third of a cup of butter broken into small bits. Mix well and fill a buttered mold two-thirds full; boil for two and a half hours. Do not let the water stop boiling after the pudding is placed in the kettle.

NEW YEARS DINNER MENU

Cream of Asparagus ‡		
Salted Almonds ‡	Olives ‡	Celery ‡
Creamed Lobster Patties *		
Roast Suckling Pig *		
Sausage Stuffing		
Glazed Apples ‡		
Onions in Cream ‡	Browned Sweet Potatoes ‡	
Grape and Nut Salad ‡		
Plum Pudding *	Mince Pie *	
or		
Ice Cream ‡ and Small Cakes *		
Fruit ‡	Nuts and Raisins ‡	
Coffee *		

CHRISTMAS AND NEW YEARS MENUS

CHRISTMAS DINNER MENU

Fruit Cocktail †
 Curled Celery †, Ripe Olives †, Mixed Salted Nuts †
 Old Fashioned Oyster Soup *
 Baked Leg of Pork *
 Moulded Cranberry Jelly *
 Cauliflower Au Gratin †, Glace Sweet Potatoes †
 Hearts of Lettuce, French Dressing †
 Old Fashioned English Plum Pudding *
 Hard and Golden Sauce
 Oranges †, Red Apples †, Cluster Raisins †
 Coffee *

CHRISTMAS DINNER MENU

Avocado Cocktail †
 Salted Almonds and Walnuts †
 Celery Curls †, Ripe Olives †
 Olympia Oysters Catalan *
 Roast Chicken *, Banana Stuffing
 Currant and Mint Sauce †
 Green Peas †, Sweet Potatoes Surprise † *
 Lettuce Hearts, Oriental Dressing †
 Old Fashioned Strawberry Shortcake * †
 Coffee Punch *

OLYMPIA OYSTERS CATALAN *

Place in a double boiler or chafing dish two level tablespoons of butter and two teaspoons of grated Parmesan cheese, stir until melted smooth, then stir in four tablespoons of tomato catsup and half a teaspoon of Worcestershire sauce; when well mixed add two tablespoons of cream and the picked meat of one good sized boiled California crab. When boiling hot add two cups of drained Olympia oysters and cook until they curl. Have ready eight rounds of buttered toast on small hot plates and cover them with the mixture. Garnish with parsley branches and lemon slices.

BANANA STUFFING †

Peel and chop coarsely with a silver knife four ripe bananas. Place in a bowl and mix with them one and a half cups of bread crumbs, half a cup of plump seedless raisins, four tablespoons of chopped walnut meats, one teaspoon of poultry spice, one tablespoon of chopped parsley and a seasoning of pepper and salt. Stuff chicken or turkey with the above and cook as usual.

SWEET POTATOES SURPRISE † *

Wash and bake eight even sized sweet potatoes. Cut off one end and carefully remove the pulp; place the pulp in a bowl and beat light, add two well beaten eggs, three tablespoons of butter, half a cup of finely chopped pineapple and a seasoning of paprika and salt. Refill the sweet potato skin with the mixture, stand on end in a baking pan and brown the tops in a medium oven.

ORIENTAL DRESSING †

Place in a cold bowl one tablespoon of chutney sauce and stir into it three tablespoons of tarragon vinegar, nine tablespoons of olive oil, a seasoning of salt and paprika, and a dash of tabasco sauce. Mix well and serve with green salads.

COFFEE PUNCH *

Beat lightly two eggs and beat into them half a cup of maple syrup, two cups of strong black coffee and half a cup of fine ice. Beat well and add one quart of milk, mix well and pour into a cold pitcher. Serve in tall glasses with a tablespoon of cream on top of each glass. Dust cream with cinnamon.

SIMPLE MENUS FOR THANKSGIVING

SIMPLE MENUS FOR THANKSGIVING

Chef Wyman recommends a course for smaller families which will give a considerable number of turkeys a renewed lease on life.

"It is not necessary for the small family to confine itself to a turkey dinner as many other choice meats are available," Chef Wyman says.

As a twelve pound turkey, he points out, would be too much for a family of from four to six persons, a nice leg or rack of lamb, or loin of veal would fill the bill to perfection. These meats can be served with the same fruits and vegetables used with the traditional turkey.

Bright colored fruits should form the main centerpiece of the table.

Three hundred years ago when our Puritan forefathers decided to devote a day in the late autumn to prayer and feasting in thanks for the many blessings bestowed on them in their new homes, they prepared for their feast all of the best foods at their command. Turkey was the best meat that their hunters could furnish, they did not have the selection of veal, lamb, chickens, ducks and other foods that the present day housewife has at her command, so turkey has been handed down through the years as the meat for Thanksgiving dinners, but had our ancestors been able to secure good meats we no doubt would have had the Thanksgiving dinner with other meats than turkey and would have enjoyed them as much.

Our ideas of a Thanksgiving dinner are given in the following menus and we think that the housewife should prepare a Thanksgiving dinner from the foods that are plentiful in the locality in which she lives and not spend an unnecessary amount of money on traditional menus.

MENU NUMBER ONE

	Puree of Tomatoes †	
Celery Sticks †		Ripe Olives †
	Roast Loin of Pork *	
	Apple Sauce †	
	Cauliflower in Cream †	
	Browned Sweet Potatoes †	
	Lettuce, French Dressing †	
	Pumpkin Pie *	
	Nuts and Raisins †	
Milk †		Coffee *

MENU NUMBER TWO

	Lobster Cocktail *	
Celery †	Salted Nuts †	Olives †
	Okra Soup †	
	Roast Leg of Lamb *	
	Cranberry Sauce *	
Peas and Mint †		Baked Potatoes †
	Orange and Lettuce Salad †	
	Mince or Pumpkin Pie with Cheese *	
	Raisins and Nuts †	
Milk †	Cider †	Coffee *

MENU NUMBER THREE

	Anchovy Canape *	
Celery Branches †		Ripe Olives †
	Almonds †	
	Oyster Soup, Croutons *	
	Ham Baked in Cider *	
Buttered Parsnips †		Sweet Potato Souffle † *
	Waldorf Salad †	
Mince or Pumpkin Pie or Thanksgiving Pudding *		
	Roquefort Cheese †	
Cider Cup †		Coffee *

MINCE MEAT, PLUM PUDDING AND FRUIT CAKE

MINCE MEAT *

This recipe has been used for over one hundred years by a firm of bakers in Philadelphia that are noted all over the eastern coast for their fine pastry. To make this fine mince meat, all of the ingredients must be of good quality and the mince meat stored in clean earthenware or glass jars and kept in a cool, dark place.

Mix one pound of currants with one pound of Sultana raisins, one pound of Valencia raisins, one cup of finely chopped candied citron, one cup of finely chopped candied orange peel, the skin of four lemons boiled until soft and chopped fine, two cups of sugar and three cups of cider; let this mixture stand overnight and in the morning add the strained juice of the lemons, one pound of finely chopped beef suet, one pound of peeled, cored and chopped apples and four nutmegs finely grated. Mix well, place in jars and process in boiling water thirty minutes, if it is to be kept any length of time.

TONGUE MINCE MEAT *

Boil, peel, trim, and chop fine one medium sized beef tongue and mix with it two pounds of finely chopped beef suet, two pounds of seeded raisins, two and a half pounds of cleaned currants, one cup of chopped, candied citron, two and a half pounds of peeled, cored and chopped apples, the grated rind and strained juice of three oranges, the grated rind and juice of three lemons, one and a half cups of brown sugar, one teaspoon of cinnamon, one teaspoon of ground cloves, one teaspoon of allspice, two grated nutmegs, one teaspoon of ground mace, half a cup of sherry flavor, and six cups of cider. Mix well and let stand two days, mix and test for flavor and if more spice is needed, add more nutmeg. Pack in a clean jar and store in a cool, dark place.

PLUM PUDDING *

Mix one-half a pound of beef suet finely chopped with half a pound of currants, half a pound of seeded raisins, one cup of sugar, the grated rind of one lemon, four cups of bread crumbs, half a cup of chopped candied citron, the grated rind of one orange, the strained juice of one orange, half a teaspoon of ground cinnamon, half a teaspoon of ground mace, half a teaspoon of ground nutmeg, half a teaspoon of ground allspice, and half a cup of cider. Mix well and beat in, one at a time, four eggs and beat well. Fill buttered molds two-thirds full with the mixture, cover tight, and boil four hours. Be careful that the mold does not touch the bottom of the kettle and be sure that the boiling water reaches nearly to the top of the mold. Let stand ten minutes, unmold, wrap in waxed paper, and store in an air-tight box. Before serving steam one hour. Slices of this pudding can be steamed in a colander in a few minutes. Serve with hard and orange sauce.

FRUIT CAKE CHEF WYMAN ‡ *

Mix four cups of sifted flour with one tablespoon of ground cinnamon, one tablespoon of ground mace, and one tablespoon of ground nutmeg with two pounds of currants, one pound of seedless raisins, one pound of candied cherries, chopped, one pound of chopped candied orange peel, one pound of chopped blanched almonds and two pounds of seeded raisins.

Beat two cups of butter to a cream and gradually beat into it two cups of granulated sugar and beat until light and creamy; add eight well beaten eggs and beat five minutes, beating the whites and yolks separately. Add one cup of brandy flavor and one cup of cider and beat three minutes. Combine the two mixtures, mix well, place in two large double paper lined cake pans, cover with a paper and bake in a slow oven three hours.

Arthur Leslie Wyman

HIS RECORD



Arthur Leslie Wyman, M.C.A., was for many years one of the leading authorities on cookery and its attendant arts. Besides being a chef of international reputation, Mr. Wyman delivered lectures on culinary subjects for eight years, in Southern California mainly. At one time he made an extended trip throughout the middle western states in a series of bakers' and caterers' talks and during the World War was prominent in food conservation work, demonstrating the use of new grains, sugar substitutes and other war-time commodities to the interested housewives of the United States.

Chef Wyman was a member of that highly honorary body, the Universal Cookery and Food Association, organized in London under the patronage of the Queen and composed only of the leading food authorities in the world.

That he cooked his way around the world may truly be said of Chef Wyman, master of the art of food preparation. The Waldorf-Astoria and Rector's in New York were scenes of many of his culinary triumphs, as were the Wellington in Chicago, the old Cafe Fiesta in San Francisco and the Hotel Baldwin in the same city. In London this chef was maitre-de-cuisine at Gatey's of the Strand. In Cairo the famous Shepherd's boasted of him. The Grand in Yokohama and the Alexander Young in Honolulu were two of the important Oriental houses where Mr. Wyman was head chef. Several other American, European and Eastern hostelries were included in his "cooking travels".

Master of the art of cookery, Chef Wyman had gained an enviable international reputation, the augmentation of which his untimely death almost stopped, but it will again increase with the publication of Wyman's Daily Health Menus.



UNDER THE SPECIAL PATRONAGE OF
HER MAJESTY QUEEN ALEXANDRA.

FOUNDED
1885.

INCORPORATED
1892.

THE UNIVERSAL Cookery and Food Association

For the Advancement of the Sciences of Cookery and Domestic Economy.

ENROLLED BY SPECIAL PERMISSION OF THE LORDS OF THE TREASURY



his is to Certify that

M^r A. J. Wyman

is a duly admitted *Active* Member of this Association, and
shall be entitled to all the privileges, in accordance with the Bye-laws.

Given under our Seal this *Fifth* day of *April* 19*21*

Thomas Powell Chairman.

Archibald Bain Treasurer.

Chas. H. Smith Managing Director



*This Certificate remains in force
only while the within-mentioned
continues to observe the Rules and
Regulations of the Society.*

REG'D NO. 4578

N.B.—THIS CERTIFICATE SHOULD BE FRAMED.

THE TRUTH

By Elinor Glyn

(Courtesy Los Angeles Examiner)

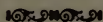
I WRITE this from the middle of the Atlantic Ocean—crossing to Europe, and as I look 'round the great ship, packed with rich people, I wonder that there should be so few young or beautiful ones, or truly healthy or lean ones among them! A very clever man sat next me in the salon for a moment last night, and he said half to himself—on looking 'round at the pouchy, lined, tired, worried, or vapid faces, "And to think all this deposit went to them through their mouths!"

Now that is an interesting thought to realize! It is what we eat and drink which causes the chemical reaction in our bodies. Too much—the wrong sort—too little—too quickly eaten—poisoned with alcohol or nicotine—poisoned by bad gases in the stomach—poisoned by many things! And then, after thirty, the flesh begins to sag—deposits form in unsuitable places—arteries and veins silt up—pores do not take in air—and the whole machine becomes just a little out of order. Not so much that we worry about it, but gradually people wake up to realize that youth has fled, and that their flesh is either withered and dry, or bloated and unattractive!

And all because the science of what is the right thing to put into the body is so imperfectly understood. No one would be such a fool as to take poison deliberately if he knew about it, unless his intention were suicidal, but millions do so daily because of ignorance.

Just look at any great company of your fellows—in lobbies of hotels, railway stations, or at great entertainments, and you will be revolted at the specimens of humanity which show that the wrong things have gone into their bodies! Then try to learn about the matter.

A Balanced Menu is the Key to Health



*If you would enjoy vigorous health—learn how to eat.
To live, we must eat. To enjoy life and to be of use to the world
we must eat properly.*



Many, many thousands of adults and a tremendous number of children die every year and many thousands more are ill of various diseases when they should be in perfectly good health. They have plenty of good food and yet they go to early graves.

The trouble is that they do not maintain the chemical balance necessary to the proper healthy condition of the human body. You can very easily eat yourself sick on perfectly good food and you can just as easily make a correct selection of food and keep yourself in perfect health.

The human body is a wonderfully complicated, highly efficient machine. With good care it renders marvelous service—abuse it and it quickly wears out. An old saying has it that "one man's meat is another's poison".

Fundamentally, in our physical makeup we are all the same—male and female—and yet there is no universal rule for eating. We can, however, lay down the general principles based upon the known chemical requisites of the body.

Science has demonstrated that perfect health comes only from eating our food in such combinations as will give the correct chemical proportions after our food is digested.

Some foods do not give a chemical reaction and are classed as "neutral"—all others are either "acid" or "alkaline" and it is between these that a balance must be maintained.

"Calories"—"Vitamines", etc., etc.,—mean nothing when taken by themselves. They are only parts of the story. Maintain the acids and alkalies in balance and you have good health.

And so, "the key to health" is a balanced menu and there can be just as much pleasure in eating as if you ate whatever you chose without regard to its effect.

Chef Wyman's book of Daily Health Menus is the result of many years of scientific research and actual experience. It gives the fundamental basis for right living but it is not offered as a cure-all for the "ills that flesh is heir to". If you are physically sound you will find Chef Wyman's menus of great value in keeping yourself fit, especially as you grow old. If you have been troubled with some preventable disease, probably caused by improper eating, you will find Chef Wyman to be just the assistance you need to restore your health and strength. These balanced menus as prepared by Chef Wyman are not a substitute for common sense or for discretion in eating but are to guide the way for you so that you will find what is best for you and enable you to eat scientifically and yet enjoy your meals.

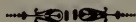
"What shall we eat today" is the question constantly before the housewife. To her, this book is invaluable. It gives menus for three meals a day for every day in the year with all the recipes.

Good food and health. There is not much in this life for the one who is sickly but with good health we have everything—so which shall it be—will you eat yourself into illness and the grave or will you eat just as well or better and be healthy and happy?

The following article by Dr. D. C. Ragland will explain the Key System used in the balanced plan of menus.

Dr. D. C. Ragland is technical director in charge of Pacific Analysis Bureau. He is a graduate of the Medical Department of Washington University in St. Louis, Mo. He was instructor in Clinical Microscopy in the College of Physicians and Surgeons of the University of Southern California in Los Angeles, later was Associate Professor of Pathology and Bacteriology there, and then he was Professor of Pathology and Hygiene in the same institution.

He is interested in prevention of disease and specializes in that branch of medicine. In his opinion, the ideal balanced menus are the greatest preventative yet discovered.



Intelligent Balance of Food the Safeguard of Good Health

By D. C. Ragland, M.D.

All life on this earth begins in and only exists in, an alkaline surrounding or medium. As the law of life is replenishment, it follows, therefore, that we must constantly furnish to our bodies an abundance of foods that are rich in alkalies.

This does not mean that we must not eat acid-forming foods but we must maintain the proper balance between the acid-producing and the alkali-producing foods. This proportion should be one of acid or six of alkali, depending on conditions. To maintain health to four proportion is all right. To regain health during or after it is best to keep the proportion of one to six.

This is not at all difficult. All that is necessary is to study and learn the value of foods as expressed in terms of acid and alkali. Then be sure to keep the proportions right. Too often we eat a large piece of steak and one or two slices of tomato and lettuce when we should have much more salad and less of the meat.

In many recipes we find alkaline, neutral and acid foods combined such as a fruit pie. Here the fruit is alkaline, the sugar and fat are neutral, while the flour is acid. In other foods such as waffles and muffins we find more than one acid food combined with neutrals. In the muffins we find eggs and flour both acid while the fat and sugar are neutral.

To be more specific; the neutral foods are the fats both vegetable and animal fats such as olive oil, salad oil, (really cotton seed oil), peanut oil, corn oil (Mazola), lard, suet, tallow, the various compounds such as Crisco, etc., butter (sweet and salted), and cream; the pure starches such as corn-starch, tapioca, sago, pure rice or potato starch, and arrowroot; the pure sugars such as white sugar, brown sugar and glucose.

The acid producing foods are:

1. Meats of all kinds.
2. Fish and shell fish of all kinds.
3. Eggs, both the white and the yolk.
4. Cereal grains such as oats, wheat, rye, barley, corn, rice.

The alkali-producing foods are in short, all vegetables, fruits, nuts, and sweet milk. There are among these a few exceptions as plums (including prunes) and cranberries. While the whole family of plums and cranberries are really alkaline, they contain also Benzoic acid which, when taken into the body, is converted into Hippuric acid. This Hippuric acid tends to acidify the body.

A study of the subjoined tables will quickly show the relative acid and alkaline values of some common foods. Keep in mind, while studying these tables that all foods contain both acid and alkali. The acid foods are called "acid" not because they are sour to the taste, but because they contain an excess or great amount of substances which will form acid in the body after the food has been digested and absorbed.

The alkaline foods all have acid in them (some are even sour to the taste) but they contain an excess of substances which will form alkalies in the body after the food has been digested and absorbed. After all it

is not the food that goes into the mouth, but that which gets into the blood, that we really can use.

The figures in the acid table represent the amount of alkaline solution required to neutralize the *excess* acid in a definite quantity of the food listed. In the alkaline table the figures represent the amount of acid solution required to neutralize the *excess* alkali in a definite amount of the food listed.

The main idea is to know the approximate quantities of these various foods to eat in a day. It is really the quantity that counts in making up our rations for each day. If we know the relative acid and alkali values of our common every day foods we can then feed our bodies intelligently. If we do this intelligently we can expect to live long, useful and happy lives.

In this book each menu and recipe has been studied by me to determine the acidity or alkalinity of the different dishes and combinations suggested by Chef Wyman. The alkaline dishes or those having an alkaline reaction, are indicated in the menus by this mark ‡, and the acid dishes are indicated by this mark *. Where the food combination presents dishes containing both acid and alkaline foods, the double indication * ‡ is used. This often appears in the desserts, such as pies and pastries. In the indication of the different chemical reactions of foods no account has been made of the neutral foods as fats or sugars.

To give you a better idea of the use of the "key system" let me go over a menu. Suppose we take the one on page 154.

For breakfast we find honeydew melon which is alkaline of fairly high excess. The eggs are highly acid but the green peppers are alkaline. The toast is mildly acid while the milk is alkaline. Tomato marmalade is alkaline while coffee is acid. The cream and sugar, if they are added to the coffee, are neutral.

At this point let me say that some foods are neither acid nor alkaline but are neutral. The neutral foods are all pure fats, either animal or vegetable, all pure starches such as cornstarch, potato starch or arrowroot and all the sugars.

For luncheon you will find salmon soufflé is marked acid. Here we find, when we examine the recipe that salmon and eggs are highly acid while the potatoes, parsley and milk are only mildly alkaline. Therefore, the balance of such a dish would be on the acid side. The hot rolls, made as they are of flour, are acid while the butter used on them is neutral. Cress salad is alkaline. Cantaloupe is alkaline and the ice cream, the a la mode part, is alkaline. The tea drink is acid but sugar or cream, if added, are neutral, but lemon, if this is added, is alkaline.

For dinner you find celery soup is alkaline. Radishes are alkaline. Beef tongue is highly acid but raisins are highly alkaline. Squash and potatoes are both alkaline. Orange salad is alkaline and milk is alkaline. The Cuban Pudding you find is made of cocoanut which is alkaline, while the cream is neutral but the sponge cake crumbs and eggs are acid with eggs highly acid. The sugar used for sweetening as well as that in the strawberry sauce is neutral, while the strawberries are alkaline. While there are in this recipe alkaline, neutral and acid foods the dominant is the highly acid eggs (these being four) hence this dish is keyed as acid.

To keep well on the alkaline side and still use this menu I would take a large portion of melon, and tomato marmalade with two glasses of milk and very small portion of the egg and only one piece of toast. The coffee, if taken at all, would be a small cup.

For lunch I would have a small portion of salmon souffle but a very large portion of cress salad with one roll and one-half cantaloupe with a double serving of ice cream. To the tea, I would add some lemon juice.

For dinner I would have the celery soup and many radishes, one thin slice of beef tongue, a double serving of squash and potatoes, a large serving of orange salad and two glasses of milk, one serving of Cuban Pudding and a small black coffee.

The lists of foods and their reaction, acid or alkaline, can easily be learned. This knowledge then should be used, not only in preparing the food but also in serving the portions of the various dishes as I have been tempted to do above.

Health can be maintained by keeping the balance *well* on the alkaline side.

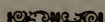
With such a menu how will you fare as to vitamins? You will get vitamin A in the milk, if it is raw and not heated, and in the yolk of the eggs. You will get vitamins B and C in the green peppers, tomato marmalade (which contains lemon and orange), cress salad, cantaloupe, radishes and orange salad. You will get bulk or indigestible residue from the melons, green peppers, tomatoes, cress, celery, radishes, raisins, squash and orange. This should be sufficient to keep the alimentary tract (bowels) active.

In India, McCarrison found the oldest people were those who lived on long life foods as fruits, nuts, green leafy or succulent vegetables with very little grain (cereals) meat, fish or eggs.

Fruits, nuts, vegetables and sweet milk by McCollum, are called protective foods. When you examine the lists on page 431 you will find they are also the alkaline foods. It makes no difference whether you call them long life foods or protective foods or alkaline foods, they are all the same. Exact chemical examination of the various foods show them to be alkaline while Bio-Chemistry shows us that our bodies are, in health, always alkaline. Therefore, to maintain health we must supply our bodies with a much larger amount of alkaline than acid food. The best weapon the grim reaper has is the production of acid in the body.



Table of the Acid Producing Foods



Grams of acid in excess of alkali in three and one-third ounces of food, expressed in terms of cubic centimeters of a normal solution.

By courtesy of Dr. W. D. Sansum and Dr. N. R. Merriam of the Potter Metabolic Clinic—Santa Barbara, California.

Acid Table No. 1

Bread, white.....	2.7
Bread, whole wheat.....	3.0
Corn, sweet, dried.....	5.95
Crackers	7.81
Eggs	11.10
Egg white	5.24
Egg yolk	26.69
Fish, haddock.....	16.07
Fish, pike.....	11.81
Meat, beef, lean.....	13.91
Meat, chicken.....	17.01
Meat, frog.....	10.36
Meat, pork, lean.....	11.87
Meat, rabbit	14.80
Meat, veal.....	13.52
Oysters	30.00
Oatmeal	12.93
Peanuts	3.9
Rice	8.1

Table of the Alkali Producing Foods

RECOMMENDED

Grams of alkali in excess of acid in three and one-third ounces of food, expressed in terms of cubic centimeters of a normal solution.

By courtesy of Dr. W. D. Sansum and Dr. N. R. Blatherwick of the Potter Metabolic Clinic—Santa Barbara, California.

Alkaline Table No. 2

Almonds	12.38
Apples	3.76
Asparagus	.81
Bananas	5.86
Beans, dried	23.87
Beans, lima, dried	41.85
Beets	10.86
Cabbage	4.34
Carrots	10.32
Cauliflower	5.35
Celery	7.78
Chestnuts	7.42
Currants, dried	5.97
Lemons	5.45
Lettuce	7.37
Milk, cow's	2.37
Muskmelon	7.47
Oranges	5.61
Peaches	5.04
Peas, dried	7.07
Potatoes	7.19
Radishes	2.87
Raisins	23.68
Turnips	2.68

ACIDS AND DISEASE

In every disease, especially those caused by microscopic forms of life, there are relatively large amounts of acid formed within the body. Tuberculosis, typhoid fever, pneumonia, bronchitis, the common cold, "flu", dysentery, appendicitis, peritonitis, diphtheria, scarlet fever, Bright's Disease and diabetes are all associated with the production of acids. Now, if we stop to think that life can only exist in an alkaline surrounding, we realize that it takes alkalies to neutralize acids. We must get those alkalies from food. Many people died during the "flu" epidemic because, for a long time before, they had lived on a diet with too little alkaline food so their reserve supply was down almost to the zero mark when they acquired the "flu". This disease demanded a lot of alkali to neutralize the acids but many did not have the necessary reserve supply of alkali and so perished. We can never tell when we may be attacked by some acute disease, but we can live on foods that keep up high our reserve of alkali. In this way we can be prepared to recover if we are unfortunate enough to acquire some acute disease.

CONVALESCENCE

After recovery from some acute disease or operation we hear all too frequently, the advice to eat a soft diet. This generally consists of toast, eggs, or custards, oysters or oyster soup, chicken or chicken soup with rice, or meat juices or soups. All of these are acid producing. It is no wonder that our convalescence is prolonged. We can make that convalescence much shorter if we eat the alkaline foods, (see table on page 431), with plenty of the vegetables and fruit juices, when the solid food is not indicated.

CALORIES

All foods contain energy and when this food is oxidized or burned in the body this energy appears as both heat and muscular power. This energy of food is known as the heat or fuel value and is expressed in terms of the heat unit which is the "calorie".

A calorie is the amount of heat required to raise the temperature of one pound of water four degrees F. This is the large calorie. The small calorie is 1/1000 (one, one-thousandth) of the large.

VITAMINES

These substances have not been obtained in their pure form as yet but they are very necessary for the maintenance of health. Many deficiency diseases are caused by a lack of these subtle substances. The following vitamine tables will be of interest.

Vitamine A

Induces Long Life and Improved Reproduction

Foods Rich in Vitamines

Liver.
Egg yolk.
Animal fats.
Cod Liver oil.
Butter.

Foods Poor in Vitamines

Lard.
Nucoa.
Crisco.
Olive oil.
Salad oil.
Mazola.
Peanut oil.

Vitamine B**Growth Promoting****Foods *Rich* in Vitamines**

Yeast.
Milk.
Fresh tomatoes or canned.
Fresh succulent green vegetables.
Fruits

Foods *Poor* in Vitamines

Cereals (whole wheat, rye, barley,
oats, rice.)
All foods that have been
cooked a long time.

Vitamine C**Against Scurvy**

Lemons.
Tomatoes.
Oranges.
Grapefruit.
Limes.

All foods cooked a long time.
Green vegetables (cabbage).
Potatoes.
Apples.

Vitamine D**Against Rickets**

Cod Liver oil and sunlight.

Long cooked foods and no sun.

Vitamine E**Fertility Vitamines**

Lettuce and whole wheat.
Cheese.

Cornstarch.
Lard.

PROTEINS

The portion of food, either animal or vegetable that contains nitrogen is called "protein". Proteins are found in all foods but in very different amounts. Meats, fish, eggs, cereal grains and legumes all contain relatively large amounts of protein in the order named, the meats, fish and eggs being the highest while the legumes are lowest. Proteins are said to be tissue builders or building blocks.

CARBOHYDRATES

These are substances composed of carbon, hydrogen and oxygen with the hydrogen and oxygen in the proportion to form water. These are fuel or energy foods. Muscles require these foods to be strong. The carbohydrates are the sugars and starches found in cereal grains, potatoes, beans, peas, tapioca, arrowroot, and sweet fruits, such as figs, dates, grapes, or raisins, melons, etc.

These carbohydrate foods are used for muscular work and the excess is stored in the liver as animal starch or Glycogen. If there is still an excess of carbohydrate food, it is converted into fat and laid on the body as fat.

FATS

These are compounds of hydrogen and carbon. They are animal, as butter, cream, suet, lard and the fat of meat, fish or fowl, also the vegetable fats as olive oil, salad oil, peanut oil, mazola, cocoanut oil and avocado, etc.

Fats are quick, ready available, sources of heat and are used in the body to keep the temperature up to 98.6° F. It is doubtful if they are laid on the body as fat. When they are consumed with starch and sugar,

the fats are burned up while the excess sugar is converted into fat and deposited on the body.

INORGANIC SALTS

These form the ash that is left when a food has been burned. They are composed of elements as chlorine, phosphorous, sodium, potassium, magnesium, calcium, iron, manganese, sulphur, silicon. These are used in tissue building; the chlorine to form hydrochloric acid for stomach digestive juice; sodium, potassium, magnesium and calcium to keep blood and tissues alkaline; iron and manganese to keep the red blood cells red so they can carry oxygen to all parts of the body; phosphorous for the nervous system and sulphur to give color to the skin, hair and iris of the eyes and so on.

The relation of the inorganic salts and vitamins is not fully understood, but it is very close for the foods rich in salts generally contain vitamins.

HEALTH QUESTIONS ANSWERED

The following series of questions and answers will supply much information to the housewife and reader of this book as some of the every day problems have been handled in terms easily understood by the layman.

Question. Why do we cook our food?

Answer. Cooking food was started many years ago after the discovery, by man, of fire. It was found that heating the food made it either taste better or easier to eat. No thought was given by the early men to the changes brought about during the process of cooking. Today we know more about these changes. Cooking breaks up the little envelopes around each cell of the food.

Question. What are balanced menus?

Answer. A menu is an aggregation of a variety of foods originally designed to appeal to the appetite. Menus may be balanced then as to "calories", or as to fats, proteins, carbohydrates, salts, vitamins and water. It all depends on the viewpoint taken or the objective. In this book the objective is the balance between acid and alkaline foods.

Question. In what proportion should we eat meat and vegetables?

Answer. The meat is acid and the vegetables are alkaline. We should then eat one part of meat to four parts of vegetables.

Question. What are the acid foods?

Answer. Meats of all kinds such as beef, pork, mutton, veal, rabbit, chicken, squab, turkey, duck, frog, and turtle. Fish and shell fish of all kinds. Eggs of all kinds. Cereals, oatmeal, rice, corn, wheat, rye, and barley. All of these foods do not produce the same degree of acidity. Some are high, some are low. When the cereal wheat is mentioned, we immediately think of all the things that are made of wheat or wheat flour, such as cream of wheat, wheatina, whole grain wheat, breads of all kinds, biscuits, muffins, doughnuts, pie, cake, in other words everything that one may purchase in a bakery. The beverages, coffee and tea are also acid. Cocoa or chocolate is acid, but the amount of such material used in the form of a beverage is small, while the liquid

in which it is placed, being milk, is alkaline. This then gives us the balance on the alkaline side.

Question. What are the alkaline foods?

Answer. All vegetables, such as asparagus, spinach, beans (white, brown, lima and green), beets, cabbage, carrots, cauliflower, celery, salsify, lettuce, onions, radishes, turnips, tomatoes, kohl-rabi, chicory, potatoes, both sweet and Irish, eggplant, summer squash, peas, green and dried; tree fruit, pineapples, watermelon, Persian melons, cantaloupe, honeydews, peaches, pears, figs, red haws, pawpaws, cherries, dates, bananas. Plums, all varieties both red, satsuma, damzen, cherry, prunes, green gage are excluded because they contain substances which tend to acidify the body. Bush and vine fruits, such as currants, gooseberries, raspberries, strawberries, blackberries, blueberries, loganberries, grapes, raisins, guava, chyota, cucumbers, tomatoes, nuts as almonds, chestnuts, butter-nuts, hickory nuts, filberts, hazelnuts, walnuts, black and English, pecans, Brazil nuts, and cocoanuts; sweet milk and sweet milk products, are all alkaline.

Question. What foods change from acid to alkali in body assimilation?

Answer. In this question the word acid refers to taste and here we find the citrus fruits, such as oranges, lemons, grapefruit and limes.

Question. What are the fundamentals of diet?

Answer. Food can be classed as anything that will replenish the body with the elements composing it. Water plays a large part in our diet. All natural foods contain water, with varying proportions of protein, fat, sugar and starch (both carbohydrates) vitamins and inorganic salts. All these must be had in addition to air, which contains oxygen.

Question. How can the life of man be extended by corrective eating?

Answer. It has been shown by numerous observers that people living upon natural foods with a maximum of the alkaline foods and a minimum of the acid foods live to be old and at the same time retain many of the attributes of young adult life.

Question. What should children eat?

Answer. Children should eat no differently than adults. There is no reason why the diet of children should contain a higher percentage of meat, fish, and eggs than the adult. The best proportion for children is the same as for the adult, one part of acid food to four or six of the alkaline food.

Question. How should vegetables be cooked?

Answer. The ideal method of cooking vegetables is in the absence of air, but this is impossible in the average home. A vegetable should be cooked in as little water as possible and this water should not be thrown away or discarded but consumed along with the vegetable. The time of cooking should not be long.

Question. Why should we eat some fresh food every day?

Answer. By fresh food we mean foods that have not been cooked. These are necessary because they contain vitamins, and vitamins are necessary if we are to avoid such troubles as scurvy, beriberi, rickets, pelagra, and neuritis. Again it is impossible to maintain the proper fat covering of the body unless there is some fat soluble A vitamin in the digestive tract.

Question. Does prolonged cooking destroy vitamins in food?

Answer. This is true when food is cooked in the presence of free oxygen, but it is not true when the food is cooked in hermetically sealed receptacles from which all air, which contains approximately 20% oxygen, has been removed. In other words, cooking as it is ordinarily done in the home oxidizes the food, especially the vitamins in the food. This changes the vitamins and renders them inactive just as the oxidation or rusting of iron changes the tensile strength of the iron.

Question. What would you eat if there were no chefs?

Answer. In answering this question, we must bear in mind that man is the most versatile creature on the globe today. He has survived because of his versatility. When he has had only meat, fish or fowl to eat he has survived. When he has had only fruits, berries, roots and grasses to eat, he has survived. Men in our time in the Arctic regions have lived for months at a time on a diet of seal meat and fish solely. Men are now living in the tropics on a diet of fruits and nuts, but these people live on foods as nature produces them without cooking, without seasoning with condiments, etc. In other words, those people in the Arctic eat their meat and fish freshly killed. Those in the tropics eat their fruits and nuts freshly picked, uncooked and unpeeled. Few of us think of eating the orange with its peeling or the potato and its peeling. Many of us still peel the apple, the pear or the peach that we eat. Some even peel the grapes. In this way we lose the valuable mineral salts that are present in the fruit or vegetable in that portion which is just underneath the outer covering. If we lose these salts, our diet then becomes deficient.

Question. Why will the correct diet save you pain?

Answer. In a survey of school children in the United States made a few years ago, twenty-two million school children were found suffering from defective teeth. This meant that twenty-two million little people either had or will have pain as a toothache. If we stop to think of the substances that enter into the formation of the tooth we find that lime is present in about 98%. In other words, 98% of a tooth is composed of lime. Therefore, if we are to avoid the pain that comes with decay of teeth we must be sure that we have in our diet foods that contain plenty of lime.

Question. Why will the correct diet save you money?

Answer. We have shown in the preceding question that the health and integrity of teeth is dependent in a large measure upon the ingestion of foods containing lime. If teeth are decayed it becomes necessary for the dentist to destroy the nerve or extract the tooth.

If the nerve is destroyed the tooth is dead and so is a portion of the jaw bone next to the tooth. This small area of dead bone now becomes a hot bed for the growth of germs of various kinds. From this place, which might be called a germ nursery, the germs can be carried through the blood vessels to all parts of the body. They may be carried to the joints, and give us rheumatism. This trouble makes it impossible for us to work and thereby costs us money. If the germs are carried to the heart or nerves where they may set up trouble known as valvular disease of the heart or neuritis, these troubles cost us money. If the germs are carried to the lining of the stomach or intestine they may form ulcers there. These ulcers may perforate into the abdominal cavity and give us peritonitis which may cause our death. In any event, the ulcers and the troubles that may follow from the ulcers cost us money. If we seriously consider all these things and begin to feed our children and ourselves correctly, there are many ways, a few of which I have enumerated above, by which we can save money.

Question. Why do we eat and what for?

Answer. You eat to live. That is why. You do not live to eat. You eat in order to get energy. That is the what for. Without energy life is impossible. We get energy from the sunlight, from the air we breathe, the water we drink and the food we eat. Without energy we can perform no muscular movement, think no thought, nor reproduce our kind. Therefore, if we nourish our bodies intelligently we have reason to feel that our progeny will be better than we and that means progress.

Question. How does the food value of fresh fruits and vegetables compare with those canned?

Answer. The modern "Vacuum Sealed Pack" method of canning fruits and vegetables preserves all the food values of the article canned because the cooking is done after the can is hermetically sealed. In this way all the health giving qualities are restrained and not destroyed as they would be if cooked in an open vessel in the average home.

D. C. Ragland, M.D.

THE FUNDAMENTAL PRINCIPLES

OF

CORRECT EATING

WITH FOOD AND WEIGHT CHARTS

BY

D. C. RAGLAND, M.D.

MEDICAL DIRECTOR

PACIFIC ANALYSIS BUREAU

THE FUNDAMENTAL PRINCIPLES OF CORRECT EATING

The human body is very much like an engine. It needs fuel to keep it running. As it has to be built so must it be repaired from time to time, also it must be regulated, hence we need—A—Fuel food; B—Building or repair food; C—Regulating food.

Fuel Foods

As in the case of an engine, the main requirement is for fuel. Unlike an engine, however, if the human body does not secure sufficient fuel it will literally burn to death, the tissues being drawn upon to supply the fuel. On the other hand, the human engine may easily become overstocked by an excess of fuel. The following list shows the main fuel foods, the great foundation foods of the diet, that supply energy for muscular work. Mental work requires so little extra fuel that it is not necessary to consider it specially. There are three groups of fuel foods. Here they are in the order of their cost per calory, those giving most energy for the money heading the list.

Starchy Foods

Cornmeal
Hominy
Broken Rice
Oatmeal
Flour
Rice
Spaghetti
Macaroni
Cornstarch
Dried Lima Beans

Sugars

Split peas, yellow
Dried navy beans
Bread
Potatoes
Bananas
Sugar
Corn syrup
Most fruits
Candy
Molasses
Dates

Fats

Drippings
Salt pork
Oleomargarine
Cream
Peanut butter
Milk
Butter
Lard
Bacon
Nutmargarine

About 85% of the fuel for the body should come from these groups, using starchy foods in the largest amounts, fats next; and sugar least.

Building and Repair Foods

These foods are divided into proteins and mineral salts.

1. PROTEIN, or "BODY BRICKS". These food elements are found in greatest abundance in lean meat of all sorts (including fish, shell food and fowl), milk, cheese, eggs, peas and beans, lentils and nuts. There is also a fair amount of protein in cereals and bread (about 10%), which are both building and fuel foods. Most foods contain some protein. Those above mentioned are richest in protein and hence are termed "building" or "repair foods".

The following is a list of the building and repair foods in the order of

their cost, those giving most building and repair material for the money heading the list.

Beans, dried white	Salt cod	Lamb, leg
Dried peas	Milk, skimmed	Eggs (second grade)
Oatmeal	Cheese, American	Halibut
Cornmeal	Peanuts	Porterhouse steak
Beans, dried lima	Macaroni	Eggs (first grade)
Bread	Mutton, leg	Almonds, shelled
Bread, whole wheat	Beef, lean	
Bread, graham	Milk	
	Beef, round	

2. MINERAL SALTS. These are found in milk, green vegetables, fruits and cereals made from the whole grain, and egg yolks.

Regulating Foods

1. MINERAL SALTS. These minerals which have been mentioned as repair foods, are also regulating foods, and help to keep the machinery running properly.

2. WATER. Water is an important regulating food. Many people drink too little. Six glasses of water a day is the average requirement, one between meals and one at meals.

3. BALLAST OR BULK. This is furnished by cereals and vegetables, fibre, which is found in whole wheat or graham flour, leaves and skins of plants, and skins and pulp of fruits. Examples are:

VEGETABLES—Lettuce, parsnips, carrots, turnips, celery, oyster plant, cabbage, brussels sprouts, tomatoes, salsify, Spanish onions, spinach.

FRUIT—Apples (baked or raw), pears, currants, raspberries, prunes, dates, figs, oranges.

4. HARD FOODS. Vigorous use of teeth and jaws insured by hard foods such as crusts, hard crackers, toast, Zwieback, fibrous vegetables and fruits, celery and nuts, which are necessary to keep teeth and gums in a healthy condition.

5. ACCESSORIES OR VITAMINS. These are minute substances (vitamins and lipoids) present in a very small quantity in a number of foods and apparently necessary to keep the body in health. That is, the absence of these elements seems to lead to poisoning of the body, which results in such disturbances as scurvy, beriberi, and other so-called deficiency diseases. Milk, eggs, whole wheat, corn, oatmeal, potatoes and oranges, skins or hulls of cereals, fresh meat, fresh peas and beans are thought to contain them. It seems necessary to include the leaves of plants (green vegetables) when the seeds (cereals, grain, flour, etc.) are used as food if the diet is to be complete and well balanced. Fruit and vegetable acids are regulating. They keep the blood alkaline and prevent constipation.

Summary

While we know that a man of average weight, of moderate activity, requires from 2500 to 2800 calories of heat units of food daily, it is not necessary to measure the calories, but to watch the scales. If your weight is in equilibrium (see weight chart and weight instructions) you do not have to worry about your calories. It is not at all likely that you have to worry about your protein, that is present in sufficient quantity in all but very narrow diets. In fact, you are more likely to get too much protein than too little. If your diet is well diversified and includes a liberal admixture of the regulating foods your diet is safe, that is, weight in equili-

brium, protein taking care of itself as a rule, excess avoided by eating meat or high protein food not more than once daily, and regulating elements supplied by milk, vegetables and fruit, and some raw food each day, the needs of the average individual are covered.

Food should be thoroughly chewed or insalivated in order to insure good digestion and prevent overeating, especially of protein food. This can easily be obtained, not by direct attention to chewing, but by tasting the food thoroughly until it slides naturally down the gullet into the stomach. If attention is given to tasting the food during the first chews the habit will easily be formed.

Suggestions for Regulation of Diet

Your diet should follow the general lines suggested in the following paragraphs. Your condition calls for no special modifications of these general principles of diet. As pointed out in the instructions, the weight is the best guide as to any future modification that may be required. We believe that most people will benefit by what is termed a "low protein" diet, which is obtained by not eating meat more than once a day, and by securing a liberal quantity of fruits and green vegetables to assure maintaining the alkalinity of the diet.

The following is a sample of a well balanced, low protein menu, furnishing 2500 to 2800 calories and about 60 grams of protein a day:

Breakfast

Fruits, rolled oats or wheatena, etc.; with cream or milk; whole wheat or toasted wheat bread, and butter; milk, cereal, coffee or diluted tea or coffee as beverage.

Lunch

Homemade chicken soup, one cup; bran biscuit, one; butter; bacon, one slice lean; potato salad; rice croquette, one; maple syrup, tea, one cup weak, with slice of lemon; sugar, one lump.

Dinner

Cream of corn soup, one cup; whole wheat or graham roll; butter, broiled lamb chop, one small, or other moderate meat, fish or fowl portion; baked potato, one, with skin; apple, celery or lettuce salad, with mayonnaise dressing; cracker, one; American cheese, 1/2 in. cube; bread pudding with raisins, or stewed fruit.

CHEAP WAR-TIME MENUS

Breakfast

1. Fried corn meal mush, syrup, war bread or corn bread, butter, coffee, milk.
2. Hominy and milk, graham toast and nut margarine, coffee.
3. Fried hominy and syrup, corn bread or war bread and nut margarine.
4. Oatmeal and milk, corn meal griddle cakes, syrup and butter, coffee.

Dinner

1. Baked macaroni and cheese, corn bread, tea.
2. Meat soup with barley, currant bread or war bread and nut mar-

3. Scalloped rice and tomatoes, corn muffins and nut margarine, apple dumplings and hard sauce, tea.

4. Baked lima beans, Boston brown bread and nut margarine, sliced oranges and bananas with shredded cocoanut, tea.

Supper

1. Corn chowder; graham bread or war bread, with peanut butter; tea.

2. Creamed codfish; baked potato (skins eaten); whole wheat bread or war bread with butter; prune pudding; tea.

3. Corned beef and cabbage; carrots; graham bread or war bread and butter; mock cherry pie; tea.

4. Beef pot roast; carrots and onions; war bread or corn bread; peanut butter; caramel tapioca; tea.

Note: Tea and coffee are included as concessions to former habits, but are not advised as regular indulgences, unless in such dilute form as to eliminate their drug effects.

THE IDEAL BUILD

Table of heights and weights at age 30 and most favorable for the average person thereafter through life. Height and weight taken with coat and vest, or waist off, and in shoes.

Men				Women			
Height	Wt.	Height	Wt.	Height	Wt.	Height	Wt.
5 ft. 0 in.....	126	5 ft. 9 in.....	156	4 ft. 8 in.....	112	5 ft. 5 in.....	134
5 ft. 1 in.....	128	5 ft. 10 in.....	161	4 ft. 9 in.....	114	5 ft. 6 in.....	138
5 ft. 2 in.....	130	5 ft. 11 in.....	166	4 ft. 10 in.....	116	5 ft. 7 in.....	142
5 ft. 3 in.....	133	6 ft. 0 in.....	172	4 ft. 11 in.....	118	5 ft. 8 in.....	146
5 ft. 4 in.....	136	6 ft. 1 in.....	178	5 ft. 0 in.....	120	5 ft. 9 in.....	150
5 ft. 5 in.....	140	6 ft. 2 in.....	184	5 ft. 1 in.....	122	5 ft. 10 in.....	154
5 ft. 6 in.....	144	6 ft. 3 in.....	190	5 ft. 2 in.....	124	5 ft. 11 in.....	157
5 ft. 7 in.....	148	6 ft. 4 in.....	196	5 ft. 3 in.....	127	6 ft. 0 in.....	161
5 ft. 8 in.....	152	6 ft. 5 in.....	201	5 ft. 4 in.....	131		

With the average heavyweight it is simply a matter of arithmetic—to cut down his calories until he begins to burn his own fat. While the procedure is simple, yet it is not without some dangers, and extreme measures, either with regard to exercise or diet, should never be taken and are never necessary.

Complete abstinence from the essential fat-forming foods in the diet would be very unwise, just as it is unwise for the middle-aged man, whose organs and tissues have suffered by his indulgences, to undertake prolonged, strenuous exercise.

After a physical examination, which has made clear that there is no organic disease that is responsible for the overweight, it is simply necessary to reduce—not “cut out”—fuel foods in the diet and introduce in the place of such foods those that have very little fat-forming value.

Following such simple directions as these, many people taking the service of the Pacific Analysis Bureau have had no trouble in getting their weight down 30 to 60 pounds.

SAFE REDUCING DIETS



POINTING OUT THE DANGERS IN REDUCING WEIGHT AND SHOWING HOW HOW TO AVOID THEM.



By W. D. Sansum, M.A., M.D., and Ruth Bowden, B.S.

*Published by the Courtesy of
Western Dietitian*

Although overweight is well known to be a serious menace to health and longevity, most physicians realize that many persons, especially women, wreck their health in unwise attempts to attain slender figures. To reduce safely, the diet must adhere to certain fundamental principles.

Ample Starches and Sugars Must be Used

Contrary to popular belief, reducing diets must contain ample starches and sugars. In general, fats cannot burn properly in the body except in the fire of burning sugar. This principle is well illustrated in severe diabetes, in which the sugars are not available because they are passed in the urine. As a result, the fats are improperly burned producing the often fatal acetone type of acidosis. If an obese person starves, or eliminates the starches and sugars from the diet, the chief source of heat and energy is his own body fat. Since sugars are not eaten, this body fat is improperly burned and the patient will inevitably suffer from this dangerous diabetic type of acidosis. Experiments show conclusively that this acidosis results unless the reducing diet contains at least one part of starch and sugar for each part of fat in the diet and for each part of fat lost as reduced body weight. For each pound of weight lost, the patient must eat at least one pound of starch and sugar.

These starches and sugars, moreover, must not be taken in a too concentrated form. To prevent constipation, the patient must use fairly large and satisfying servings of the low percentage fruits and vegetables.

The Diet Must be as Free as Possible from Fat

Many people do not realize that the fats of the diet, especially when served in the form of palatable butter, cream, salad oils and gravies, have the highest caloric value of any of the types of food. The small pat of butter served with a baked potato contains as much food value as the potato itself. The oil dressing served with a lettuce salad often has as much as twenty times the food value of the lettuce.

Fats must therefore be eliminated from the reducing diet, both to prevent acidosis and to reduce the total caloric intake. The energy needed to make up the difference between the food intake and the body requirements is derived from the body fat, the burning of which results in the desired loss of weight. A small amount of fat is served each day to prevent certain vitamin deficiency diseases.

The Protein Requirements of the Body must be Supplied

Since all diets, of whatever type, must contain sufficient protein to meet the requirements of the patient, care must be exercised to keep reducing diets balanced in this respect. We use foods which contain protein and at the same time as little fat as possible. Such foods are skim milk, cottage cheese and lean meats, fowl and fish.

The Diet Must be Surprisingly Low in Caloric Value

Reducing diets must be surprisingly low in caloric value, both because

it is desirable that the patient burn some of his own fatty tissue, and because the fat person needs less food than the ordinary person. He is insulated with a layer of fat and therefore loses heat very slowly. He may need only one-half as much food as the ordinary person of the same height; and oftentimes only one-quarter that of the very thin person. When the patient is physically able to walk five miles a day, or to take an equivalent amount of out-of-door exercise, we use diets of not more than 1000 calories. If because of heart disease, arthritis or other handicap, he cannot take this exercise, we use diets of as low as 800 calories.

An Adequate Amount of Exercise Should be Taken

Patients should be trained to take an adequate amount of exercise. We advise walking, tennis, horse-back riding, dancing, golf, etc. We say "trained" because the obese person usually has soft and inefficient muscles, including the heart muscles. Many times we have prescribed a walk of one block for the first day, two for the second, gradually increasing the amount if the patient's reaction allows. On the 1000 calorie diet, the average obese person will not lose many pounds a month, unless he adopts this regime of exercise.

On reducing diets containing plenty of starches and sugars, limited in caloric value chiefly by the elimination of fats from the ordinary diet, and with the patient trained to strenuous physical exercise, we have had patients lose with safety as much as twenty pounds per month, and some as much as one pound daily. It must be borne in mind, however, that if the patient is losing weight very rapidly, the diet should be raised to about 1200 calories, the additional 200 calories being given in starches and sugars only.

DIET MENUS

We have purposely made this discussion as brief as possible, realizing that most people are more interested in the practical HOW of the procedure than the theoretical WHY. We therefore list below reducing menus which may to some people seem liberal. They have been used very successfully in this Clinic for more than a year on a great many patients suffering from obesity.

Breakfast

Sliced Oranges—2 small
Egg—1 Butter— $\frac{1}{2}$ Square
Bread—1 slice (toasted)
Skim Milk—1 glass
Coffee or Tea (clear)

Dinner

Consomme
Roast Beef—1 medium slice
Spinach—3 heaping tablespoons
String Beans—3 heaping tablespoons
Asparagus and Lettuce Salad (Ingredients: Asparagus, 12 stalks; Lettuce, 2 leaves, with Lemon, Vinegar or Mineral Oil Dressing.)
Sliced Peaches—6 heaping tablespoons
Skim Milk—1 glass
Tea (clear)

Supper**Broth**

Cottage Cheese—3 heaping tablespoons

Cauliflower—3 heaping tablespoons

Baked Tomato—1 medium

Lettuce Salad (Ingredients: Lettuce, 1/3 head, with Lemon, Vinegar or Mineral Oil Dressing.)

Raspberries—6 heaping tablespoons

Skim Milk—1 glass Tea (clear)

Approximate Composition and Caloric value: Carbohydrate 133 grams, Protein 68 grams, Fat 26 grams, Bulk 1200 grams, Calories 1038.

2.

Breakfast

Cantaloupe—1/2

Egg—1 Bread—1 slice

Butter—1/2 square Skim Milk—1 glass

Coffee or Tea (clear)

Dinner**Broth**

Squab—1 Medium

Cream Squash—3 heaping tablespoons

Brussels Sprouts—3 heaping tablespoons

Tomato Salad

(Ingredients: Tomato, 1 large; Lettuce, 2 leaves, with Lemon, Vinegar or Mineral Oil Dressing.)

Fresh Pineapple—6 heaping tablespoons

Skim Milk—1 glass Tea (clear)

Supper

Cottage Cheese—3 heaping tablespoons

Spinach—3 heaping tablespoons

Fresh Asparagus—8 large stalks

Artichoke Salad

(Ingredients: Artichoke, 1 medium; Lettuce, 2 leaves; with Lemon, Vinegar or Mineral Oil Dressing.)

Baked Apple—1 Medium

Skim Milk, 1 glass

Tea (clear)

Approximate Composition and Caloric Value: Carbohydrate 133 grams, Protein 68 grams, Fat 26 grams, Bulk 1200 grams, Calories 1038.

3.

Breakfast

Orange—1 Medium

Corn Flakes—1 Medium serving

Egg—1 Bread—1 slice

Cream—1 tablespoon

Skim Milk—1 glass

Coffee or Tea

Dinner

Tomato Bouillon

White Fish—1 Medium serving

Beet Greens—3 heaping tablespoons

Riced Potatoes—3 heaping tablespoons

Lettuce Salad

(Ingredients: Lettuce, 1/2 head, with Lemon, Vinegar or Mineral Oil Dressing.)

Strawberries—3 heaping tablespoons

Skim Milk, 1 glass

Tea (clear)

Supper

Half Broiler
 Egg Plant—3 slices
 Baked Tomato—1 Medium
 Celery—4 stalks Banana—1 Medium
 Skim Milk, 1 glass
 Tea (clear)
 Approximate Composition and Caloric
 Value: Carbohydrate 132 grams, Protein
 68 grams, Fat 24 grams, Bulk 1000
 grams, Calories 1016

4

Breakfast

Grapefruit— $\frac{1}{2}$ Medium
 Puffed Rice—1 Medium serving
 Egg—1 Bread—1 slice
 Cream—1 tablespoon
 Skim Milk—1 glass
 Coffee or Tea

Dinner

Plain Broth
 Broiled Trout—1 Medium serving
 Chiote—3 heaping tablespoons
 New Peas—3 heaping tablespoons
 Tomato Salad
 (Ingredients: Tomato, 1 medium, Let-
 tuce, 2 leaves, with Lemon, Vinegar
 or Mineral Oil Dressing.)
 Raspberries—3 heaping tablespoons
 Skim Milk—1 glass
 Tea (clear)

Supper

White Meat of Chicken—3 slices
 Cream Squash—3 heaping tablespoons
 String Beans—3 heaping tablespoons
 Asparagus Salad
 (Ingredients: Asparagus, 12 stalks; Let-
 tuce, 2 leaves with Lemon, Vinegar or
 Mineral Oil Dressing.)
 Fresh Grapes—1 Medium bunch
 Skim Milk, 1 glass
 Tea (clear)

Approximate Composition and Caloric
 Value: Carbohydrate 132 grams, Protein
 68 grams, Fat 24 grams, Bulk 1000
 grams, Calories 1016.

5

Breakfast

Sectioned Oranges—2
 Egg—1 Crisp Bacon—2 slices
 Bread (toasted) 1 thin slice
 Butter— $\frac{1}{2}$ square Skim Milk—1 glass
 Coffee or Tea (clear)

Dinner

Fresh Codfish—1 Medium serving
 Oyster Plant—3 heaping tablespoons
 Cabbage—3 heaping tablespoons
 Stuffed Tomato Salad
 (Ingredients: Tomato (center removed).
 1; Lettuce, 2 leaves; diced Cucumber, 3
 heaping tablespoons; chopped Celery, 1
 tablespoon; Green Pepper, 1 tablespoon
 with Lemon, Vinegar or Mineral Oil
 Dressing.)

Fresh Pineapple—2 slices
 Skim milk—1 glass
 Tea (clear)

Supper

Sirloin Steak—1 Medium serving

Broiled Onions—3 medium

Celery—5 stalks

Swiss Chard—5 tablespoons

Fresh Red Raspberries—3 heaping
tablespoons

Tea (clear)

Approximate Composition and Caloric

Value: Carbohydrate 111 grams, Pro-
tein 72 grams, Fat 30 grams, Bulk 1000
grams, Calories 1002.

6

BreakfastMuskmelon— $\frac{1}{2}$ medium

Egg—1 Crisp Bacon—2 slices

Bread (toasted) 1 thin slice

Butter— $\frac{1}{2}$ square Skim Milk—1 glass

Coffee or Tea (clear)

(Alkaline)**BASIC REDUCING DIETS**

Basic reducing diets are those which leave an alkaline ash after having been burned in the body. We have found that the blood vessel disease which is responsible for high blood pressure is one of the most common and serious complications of obesity. In these cases we use basic diets with a somewhat lower protein content, such as Diets 9 and 10.

Dinner

Cottage Cheese—3 heaping tablespoons

*Egg Plant—3 slices

Hubbard Squash—3 heaping tablespoons

Combination Salad

(Ingredients: Tomato, 3 slices; onion, $\frac{1}{2}$
teaspoon; Chopped Celery, 1 heaping
teaspoon; Lettuce, 3 leaves, with
Lemon, Vinegar or Mineral Oil Dress-
ing.)

Canned Apricots—6 halves

Skim Milk— $\frac{1}{2}$ glass

Tea (clear)

Supper

Lean Meat of Lamb Chops—3 medium

Diced Carrots—3 heaping tablespoons

Lettuce— $\frac{1}{2}$ head Skim Milk— $\frac{1}{2}$ glass

Canned Peas—3 heaping tablespoons

Pears—2 halves

Tea (clear)

*Egg Plant sauteed in mineral oil or
broiled.

Approximate Composition and Caloric

Value: Carbohydrate 111 grams, Pro-
tein 72 grams, Fat 30 grams, Bulk 1000
grams, Calories 1002.

7

BreakfastOranges—2 large (sliced or juice
extracted)

Bread (toasted) 1 thin slice

Eggs—2 Butter— $\frac{1}{2}$ squareSkim Milk— $\frac{3}{4}$ glass

Coffee or Tea (clear)

Dinner

Baked Ham—2 Medium slices
 Baby Lima Beans—2 heaping tablespoons
 Summer Squash—3 heaping tablespoons
 Cucumber and Green Onion Salad
 (Ingredients: Cucumber, 12 thin slices;
 Green Onions, 5; Lettuce, 2 leaves, with
 Lemon, Vinegar or Mineral Oil Dress-
 ing.)

Baked Apple—1 large
 Tea (clear)

Supper

Lobster— $\frac{1}{2}$ Cup
 String Beans—3 heaping tablespoons
 Cauliflower—3 heaping tablespoons
 Bread—1 thin slice
 Canned Pears— $\frac{1}{2}$ Pear
 Skim Milk—1 glass

Tea (clear)

Approximate Composition and Caloric
 Value: Carbohydrate 115 grams, Protein
 68 grams, fat 30 grams, Bulk 900 grams,
 Calories 1001.

8**Breakfast**

Grapefruit—1
 Bread (toasted) 1 thin slice
 Eggs—2 Butter— $\frac{1}{2}$ square
 Skim Milk— $\frac{2}{3}$ glass
 Coffee or Tea (clear)

Dinner

Tenderloin Steak—1 small serving
 Mushrooms—3 tablespoons
 Tomato and Celery (stewed)—4 table-
 spoons

Asparagus Salad
 (Ingredients: Asparagus, 12 stalks; Let-
 tuce, 3 leaves, with Lemon, Vinegar
 or Mineral Oil Dressing.)

Watermelon—1 medium slice
 Tea (clear)

Supper

Black Bass (planked)—1 small serving
 Baked Potato—1 Medium
 Cabbage Salad

(Ingredients: Lettuce, 2 leaves; Green
 Peppers, 1 teaspoon; Chopped Celery, 1
 heaping teaspoon; Chopped Cabbage,
 3 heaping tablespoons with Lemon,
 Vinegar or Mineral Oil Dressing.)

Sliced Oranges—1 Medium
 Tea (clear)

Approximate Composition and Caloric
 Value: Carbohydrate 115 grams, Protein
 68 grams, Fat 30 grams, Bulk 900 grams,
 Calories 1002.

9**Breakfast**

Grapefruit—1 large
 Bacon—3 crisp slices
 Soy Bean Muffin—1
 Cream—2 tablespoons
 Skim Milk—1 glass
 Coffee or Tea

Dinner

Cottage Cheese—2 heaping tablespoons
 Summer Squash—3 heaping tablespoons
 Beet Greens—3 heaping tablespoons
 Artichoke Salad
 (Ingredients: Artichoke, 1 medium; Lettuce, 2 leaves, with Lemon, Vinegar, or Mineral Oil Dressing.)
 Raspberries—6 heaping tablespoons
 Skim Milk—1 glass
 Tea (clear)

Supper

Cottage Cheese—2 heaping tablespoons
 Brussels Sprouts—2 heaping tablespoons
 String Beans—3 heaping tablespoons
 Baked Tomato—1 Medium
 Applesauce—6 heaping tablespoons
 Skim Milk—1 glass
 Tea (clear)

Approximate Composition and Caloric Value: Carbohydrate 130 grams. Protein 61 grams. Fat 27 grams, Bulk 1000 grams, Calories 1007.

10**Breakfast**

Oranges—2 small
 Bacon—3 crisp slices
 Soy Bean Muffin—1
 Cream—2 tablespoons
 Skim Milk—1 glass
 Coffee or Tea

Dinner

Cottage Cheese—2 heaping tablespoons
 Fresh Asparagus—6 stalks
 Cream Squash—3 heaping tablespoons
 Turnips—3 heaping tablespoons
 Strawberries—6 heaping tablespoons
 Skim Milk—1 glass
 Tea (clear)

Supper

Cottage Cheese—2 heaping tablespoons
 Spinach—3 heaping tablespoons
 Celery—3 heaping tablespoons
 Cauliflower Salad
 (Ingredients: Cauliflower, 3 heaping tablespoons; Lettuce, 2 leaves with Lemon, Vinegar or Mineral Oil Dressing.)
 Peaches—2½ Medium
 Skim Milk—1 glass
 Tea (clear)

Approximate Composition and Caloric Value: Carbohydrate 130 grams Protein 61 grams. Fat 27 grams, Bulk 1000 grams, Calories 1007.

11**Breakfast**

Baked Apple with Cream
 Bacon
 ½ Slice Toast Butter
 Jelly
 1 Glass Orange Juice
 1 Glass Milk

Lunch

Baked Stuffed Potato
 Beets in Cream
 Combination Vegetable Salad
 1/2 Slice Bread Butter
 Olives
 Iced Cantaloupe
 1 Glass Orange Juice
 1 Glass Milk

Dinner

Cream of Spinach Soup
 Escalloped Potatoes
 Buttered Peas and Carrots
 California Fruit Salad
 1/2 Slice Bread
 Butter
 Apricot Ice Cream
 1 Glass Orange Juice
 Raisins
 Nuts

Recipes

We give instructions below for the use of soy bean flour and for making the mineral oil dressing:

Soy Bean Muffins

1 1/2 Cups soy bean flour.
 2 t. Baking powder.
 1/4 t. Salt.
 1/4 Cup walnuts.
 1/4 Cup raisins.
 1 Cup milk.
 2 Eggs.
 1 t. Butter melted.

Mix dry ingredients. Mix beaten eggs and milk and add to flour mixture. Bake in a moderate oven 25 or 30 minutes. This recipe will make eight muffins or one loaf.

Mineral Oil Salad Dressing

1 1/2 Cups mineral oil.
 1 Egg.
 1/8 t. Cayenne pepper.
 1/8 t. Salt.
 2 t. Vinegar.

Beat the egg well. Then add small amount of oil and vinegar alternately until the mixture is quite stiff. The remainder of the oil and vinegar may then be added in larger quantities without harm. Add the salt and cayenne last. Beat thoroughly. Place the dressing in a jar and keep in a cool place. (Practically no food value.)

BASIC OR ALKALINE DIETS

The menus which follow offer a wide variation of foods from which to choose.

Arranged by Dr. W. D. Sansum of the Potter Metabolic Clinic and published by him in "Food Facts"—

BASIC DIETS

1

Breakfast

Banana with Cream

Bacon

Lima Bean Bread Butter

Orange Marmalade

Glass Orange Juice

Glass Milk or Cocoa

Dinner

Cream of Tomato Soup

Browned Potatoes

Buttered Carrots

Swiss Chard

Pineapple and Cottage Cheese Salad
with French Dressing

Lima Bean Bread Butter Olives

Fresh Blackberries with Cream

Glass Orange Juice Glass Milk

Supper

Cream of Spinach Soup

Baked Potatoes Baby Lima Beans

Combination Fruit Salad

with Whipped Cream

Lima Bean Bread Butter

Junket

Glass Orange Juice Glass Milk

2

Breakfast

Baked Apple with Cream

Bacon

Lima Bean Bread Butter

Cantaloupe

Glass Milk or Cocoa

Dinner

Cream of Carrot Soup

Parsley Potato

Buttered String Beans Italian Squash

Combination Vegetable Salad

Lima Bean Bread Butter

Sliced Peaches with Cream

Glass Orange Juice Glass Milk

Supper

Cream of Celery Soup

Scalloped Potatoes Diced Beets

Banana and Nut Salad

Lima Bean Bread Butter

Rhubarb Cluster Raisins

Glass Orange Juice Glass Milk

3

Breakfast

Fresh Figs with Cream

Bacon

Lima Bean Bread Butter

Jelly

Glass Orange Juice

Glass Milk or Cocoa

Dinner

Cream of String Bean Soup

Potatoes diced in Cream

Mashed Turnips Buttered Peas

Head Lettuce with

Thousand Island Dressing

Lima Bean Bread Butter

Fresh Raspberries with Cream

Glass Orange Juice Glass Milk

Supper

Cream of Potato Soup
 Baked Sweet Potato Fresh Asparagus
 Pear and Nut Salad with
 French Dressing
 Lima Bean Muffins Butter
 Apple
 Glass Orange Juice Glass Milk

4**Breakfast**

Banana with Cream
 Bacon
 Lima Bean Bread Butter
 Apple Sauce
 Glass Milk or Cocoa
 Glass Orange Juice

Dinner

Cream of Pea Soup
 Whipped Potatoes
 Baked Squash Buttered Celery
 Peach Basket Salad
 Lima Bean Bread Butter
 Maple Nut Sundae
 Glass Orange Juice Glass Milk

Supper

Cream of Asparagus Soup
 Buttered Carrots and Peas
 Creamed Turnips
 Tomato and Pineapple Salad
 Lima Bean Bread Butter
 Ripe Pear
 Glass Orange Juice Glass Milk

5**Breakfast**

Cantaloupe
 Bacon
 Lima Bean Muffins Butter
 Stewed Raisins with Cream
 Glass Orange Juice Glass Milk or Cocoa

Dinner

Split Pea Soup
 Candied Sweet Potatoes
 Puree Beets Fresh Spinach
 Cottage Cheese Balls Rolled in Nuts
 Lima Bean Bread Butter
 Frozen Apricots
 Glass Orange Juice Glass Milk

Supper

Cream of Tomato Soup
 Creamed Potatoes
 Buttered String Beans
 Banana and Orange Salad
 Lima Bean Bread Butter
 Grapes
 Glass Orange Juice Glass Milk

6**Breakfast**

Grapefruit
 Bacon
 Lima Bean Bread Butter
 Strawberry Jam
 Glass Orange Juice
 Glass Milk or Cocoa

Dinner

Cream of Celery Soup
 Scalloped Potatoes
 Baby Lima Beans Swiss Chard
 Pickled Beet Salad
 Lima Bean Bread Butter
 Sliced Peaches with Cream
 Glass Orange Juice Glass Milk

Supper

Cream of Carrot Soup
 Buttered Peas Banana Squash
 Combination Fruit Salad
 with Whipped Cream
 Lima Bean Bread Butter
 Chocolate Junket
 Nuts
 Glass Orange Juice Glass Milk

7

Breakfast

Baked Apple with Cream
 Bacon
 Lima Bean Bread Butter
 Grapes
 Glass of Orange Juice
 Glass Milk or Cocoa

Dinner

Cream of String Bean Soup
 Baked Potato
 Creamed Carrots
 Buttered Fresh Asparagus
 Tomato Salad with French Dressing
 Lima Bean Bread Butter
 Honey Dew Melon Cluster Raisins
 Glass Orange Juice Glass Milk

Supper

Cream of Spinach Soup
 Potato Balls with Parsley Sauce
 Creamed Salsify
 Ripe Pear and Cottage Cheese Salad
 Lima Bean Muffins Butter
 Apricot Charlotte
 Glass Orange Juice Glass Milk

8

Breakfast

Fresh Raspberries with Cream
 Bacon
 Lima Bean Bread Butter
 Currant Jelly
 Glass Orange Juice Glass Milk or Cocoa

Dinner

Cream of Cauliflower Soup
 Mashed Potatoes
 Artichoke Beet Greens
 Peach Basket Salad
 Lima Bean Bread Butter
 Apple Tapioca
 Glass Orange Juice Glass Milk

Supper

Cream of Lima Bean Soup
 Stuffed Potatoes Baked Tomatoes
 String Bean Salad
 Lima Bean Bread Butter
 Blackberries
 Nuts
 Glass Orange Juice Glass Milk

9

Breakfast

Sliced Peaches with Cream
 Bacon
 Lima Bean Muffins Butter
 Raspberry Jam
 Glass Orange Juice Glass Milk or Cocoa

Dinner

Cream of Onion Soup
 Browned Potatoes
 Creamed Cauliflower Parsnips
 Waldorf Salad
 Lima Bean Bread Butter
 Glass Orange Juice Glass Milk

Supper

Cream of Pea Soup
 Potatoes au Gratin Buttered String Beans
 Tomato and Asparagus Salad
 Lima Bean Bread Butter
 Canned Figs
 Raisins
 Glass Orange Juice Glass Milk

10

Breakfast

Fresh Strawberries with Cream
 Bacon
 Lima Bean Bread Butter
 Cherry Preserves
 Glass Orange Juice Glass Milk or Cocoa

Dinner

Cream of Tomato Soup
 Mashed Potatoes
 Brussels Sprouts Mushrooms
 Chicory Salad
 Lima Bean Bread Butter Celery
 Glass Orange Juice Glass Milk
 Fresh Apples with Cheese

Supper

Cream of Celery Soup
 French Fried Potatoes Broiled Onions
 Stuffed Beet Salad
 Lima Bean Muffins Butter
 Iced Peaches with Nuts
 Glass Orange Juice Glass Milk

RECIPES**Lima Bean Muffins**

1/2 Cup White Flour.
 1/2 Cup Lima Bean Flour.
 2/3 Cup Milk.
 4 t. Sugar.
 4 1/2 t. Butter.
 2 t. Baking Powder.
 1/2 t. Salt.

Mix dry ingredients. Add milk and melted butter. Bake in a moderate oven. Makes 10 muffins. Nuts, raisins or dates may be added if desired.

Lima bean flour and recipes for making lima bean bread may be secured from the California Lima Bean Growers' Association of Oxnard, California.

Fruit Punch

Many delicious and differently flavored fruit punches may easily be made according to the plan which follows. These punches may be used in place of orange juice although patients seldom seem to tire of orange juice.

Juice from two Oranges.

Juice from two Lemons or one Grapefruit.

2 Cups water.

Sugar or Honey to taste.

For flavoring, add to the above one cup other Fruit Juice, such as Grape Juice, Loganberry Juice, Pineapple Juice, Cider or the Juice from any canned fruit.

NOTES

1. In general, all meats, fish, chicken, eggs, cereals and cereal products are avoided.
2. Milk, cheese, nuts and lima bean bread are used as protein substitutes.
3. All vegetables, nuts, sweet milk and fruits with the exception of prunes, plums and cranberries are allowed.
4. A normal amount of carbohydrate and fat is used with a slightly decreased amount of protein.
5. Adequate bulk is used.
6. Coffee or tea may be used in moderation as desired, but a glass of milk should be taken with each meal.

Publishers of this Book are indebted to

PACIFIC ANALYSIS BUREAU

DR. D. C. RAGLAND DR. W. D. SANBURN

AND

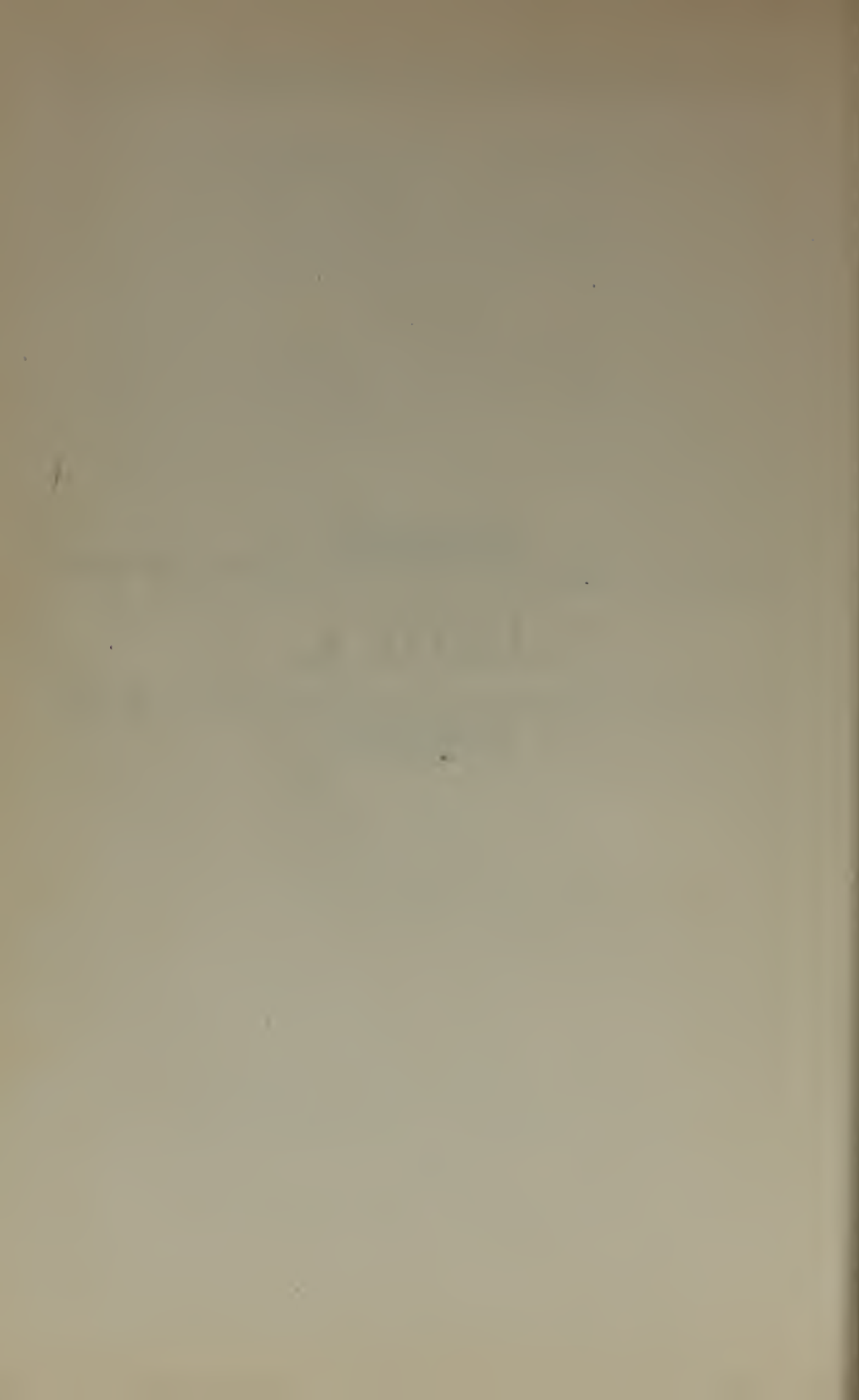
"FOOD FACTS"

for their assistance and co-operation in the preparation of the material contained herein.



INDEX





APPETIZERS

	PAGE
Avocado Canape.....	270
Canape Russe.....	194
Caviare a la Reine.....	311
Celery and Roquefort Canape.....	141
Los Angeles Canape.....	365
Stuffed Celery.....	287

AVOCADO OR ALLIGATOR PEAR

Avocado and Cumquat Salad.....	287
Avocado Canape.....	403
Avocado Cocktail.....	7 · 80 · 189 · 403
Avocado en Surprise.....	374
Avocado Escalloped.....	403
Avocado Salad.....	301 · 403
Avocado Scalloped.....	216
Avocado Soup.....	403
Avocado Stuffed.....	374
Avocado Taft Salad.....	111
Avocado Stuffed.....	374

BEVERAGES

Aloha Orangeade.....	392
Calawaii Ricky.....	392
Canton Cooler.....	392
Canton Cup.....	393
Ching-A-Ling.....	209
Coffee Punch.....	419
Creole Cooler.....	393
Dry Lemonade.....	392
French Lemonade for a Party.....	394
Fruit Cup Kailua.....	392
Fruit Lemonade.....	393
Grapeade.....	393
Grape Juice Cup.....	199
Grape Juice Lemonade.....	226
Hawaiian Punch.....	394
Hilo Tea Punch.....	392
Honey Punch.....	394
Hong Kong Cup.....	179
Iced Cocoa.....	311
Iced Coffee With Orange.....	393
Kaumana Cup.....	392
Leche de Pina.....	406
Loganberry Fizz.....	393
Mamie Taylor.....	394
Mint Julep.....	393
Moana Punch.....	392
Moulin Rouge.....	393
Orange and Grape Fruit Cup.....	394
Orange and Grape Punch.....	394
Orange Coupe.....	394
Orange Water.....	394

BEVERAGES—Continued

	PAGE
Punch Imperial.....	394
Royal Lemonade	393
Snow Ball	356
St. Charles Lemonade.....	393
Sugar Syrup	392
Tea Julep.....	178
Violet Fizz.....	393

BREAD - BISCUITS

Beaten Biscuit.....	209 - 379
Boston Brown Bread.....	21 - 38
Bran Biscuits.....	23
Bran Brown Bread.....	379
Cheese Biscuits	27
Coffee Biscuits.....	376
Corn Bread.....	34 - 318
Corn Bread Dixie.....	83
Corn Meal Crisps.....	378
Corn Pone.....	377
Cream Scones	103
Dumplings	82
French Toast.....	50 - 287
Gluten Bread.....	379
Mexican Chalupe (cakes).....	399
Orange Biscuits.....	22
Orange Rolls.....	381
Popovers.....	248 - 331
Pulled Bread	198
Quick Buck Wheat Biscuits.....	378
Scotch Scones.....	44
Scotch Shortbread.....	358 - 376
Sour Cream Biscuits.....	82 - 281
Spoon Bread.....	95
Sultana Rolls.....	15
Virginia Spoon Bread.....	137
Whole Wheat Raisin Bread.....	378
Whole Wheat Rolls.....	203 - 378
Whole Wheat Scones.....	322 - 376
Whole Wheat Shortcake.....	377

MUFFINS

Bran Muffins	54
Bran Fig Muffins, Whole Wheat.....	377
Buck Wheat Muffins.....	379
Corn Muffins.....	43
Egg Puffs.....	166
Muffins	47
Whole Wheat Muffins.....	34 - 145

CAKE

	PAGE
Almond Gingerbread.....	147
Almond Paste Cakes.....	189
Apple Cake.....	312
Apple Cheesecakes.....	269
Apple Sauce Cake.....	63
Apricot Cake.....	178
Apricot Shortcake.....	20 · 166 · 321
Banana Shortcake.....	51 · 120
Brownie Cake.....	304
Butter Honey Cake.....	379
Butter Sponge Cakes.....	119 · 172
Cheese Cake.....	17 · 375
Cherry Cake.....	134 · 163
Chocolate Cake.....	103
Chocolate Gingerbread.....	220
Chocolate Marshmallow Cake.....	41 · 77
Chocolate Sponge Cake.....	258
Cocoanut Cake.....	127
Cocoanut Layer Pie.....	280
Date and Walnut Drops.....	164
Date Cake.....	117 · 297
Devil Cake.....	18
Feather Cakes.....	213
French Pancake.....	14
Fruit Cake Chef Wyman.....	421
Fudge Cake.....	45
Genoese Cakes.....	19
Gingerbread.....	19 · 111
Graham Nut Cake.....	44
Graham Cracker Cake.....	11
Grandmother's Strawberry Shortcake.....	228
Holland Peach Cakes.....	140
Honey Almond Cakes.....	381
Honey Cakes.....	381
Honey Fruit Cake.....	381
Honey Gingerbread.....	47
Honey Nut Cakes.....	380
Ice Box Cake.....	342
Ice Cream Cake.....	250
Jelly Cocoanut Cake.....	76
Lemon Cake.....	126
Lemon Layer Cake.....	332
Light Fruit Cake.....	73
Lord Baltimore Cake.....	319
Marshmallow Cake.....	28
Mexican Cake.....	402
Mocha Cake.....	146
Nougat Cake.....	37
Nut Cake.....	333
Orange Layer Cake.....	240
Orange Roly Poly.....	382
Orange Sponge Cake.....	125 · 383

CAKE—Continued

	PAGE
Peach Shortcake.....	192 · 310
Pineapple Layer Pie.....	105
Plum Cake.....	203
Prune Cake.....	80
Queen Cakes.....	135
Raspberry Washington Pie.....	298
Spice Cup Cakes.....	98
Sponge Cake.....	9
Sponge Cake a la Mode.....	192
Sponge Drops.....	106
Strawberry Shortcake.....	94
Vienna Cream Cake.....	312
Virginia Layer Cake.....	279
Washington Pie.....	225
Whole Wheat Honey Cake.....	377
Whole Wheat Short Cake.....	377

CAKE FILLINGS & ICINGS

Carmel Frosting.....	279
Chocolate Filling.....	103
Chocolate Cream.....	313
Cocoanut Filling.....	127
Cocoanut Meringue.....	76
Coffee Frosting.....	190
Fudge Cake Frosting.....	45
Honey Frosting.....	380
Honey Icing.....	380
Lord Baltimore Filling.....	319
Marshmallow Filling.....	18
Marshmallow Frosting.....	41
Mocha Frosting.....	146
Nut Cream.....	312
Pineapple Filling.....	70
Prune Filling.....	80

CALIFORNIA FRUITS

Apricot Jelly.....	390
Apricot Marmalade.....	390
Currant Jelly.....	389
Currant Jelly, Bar le Duc.....	390
Fig and Raisin Conserve.....	387
Fig and Rhubarb Conserve.....	388
Fig Chutney.....	388
Fig Conserve.....	387
Fig Ice Cream.....	388
Fig Jam.....	388
Fig Preserve Romola.....	387
Figs Candied.....	387
Figs Canned.....	387
Figs Dried.....	387

CALIFORNIA FRUITS—Continued

	PAGE
Figs Pickled.....	388
Grape Chutney.....	389
Grape Conserve.....	388
Grape Jelly, Seedless.....	388
Grape Raisine.....	388
Guava Jelly.....	390
Loganberry Jam.....	389
Loganberry Jelly.....	389
Nasturtium Pickle.....	391
Peach Butter.....	391
Peach Butter with Cider.....	391
Pear and Apple Conserve.....	390
Pear Marmalade.....	390
Plum Conserve.....	389
Plums Candied.....	389
Plums Pickled.....	389
Plums Spiced.....	389
Preserved Citron Melons.....	390
Prickley Pear Preserves.....	391
Quince Pickles.....	391
Quince Honey.....	351

CANDY

Cajeta de Leche.....	406
Candied Citron Peel.....	383
Candied Figs.....	387
Candied Orange Peel.....	383
Candied Plums.....	389
Orange Chocolates.....	381
Palanquetas (Pralines).....	407

CHEESE

Cheese and Nut Roast.....	129
Cheese Pilaf.....	167
Cheese Pilaf with String Beans.....	323
Cheese Souffle.....	46
Potted Cheese.....	7
Welsh Rarebit.....	141
Welsh Rarebit Souffle.....	273
Yorkshire Rarebit.....	342

CHILI

Chicken Chili.....	400
Chili Colorado.....	401
Chili con Carne.....	400
Chili Sauce Mexican.....	401
Mexican Chili Stew.....	400

CHINESE DISHES

	PAGE
American Chop Suey.....	373
Chicken Chop Suey.....	373
Chicken Chow Mein.....	183
Chop Suey.....	77
Chop Suey Chicago.....	20

COCKTAIL

Avocado Cocktail.....	7 · 80 · 189 · 403
Cantaloupe Cocktail.....	257
Canton Fruit Cocktail.....	122
Fruit Cocktail.....	148 · 167 · 301
Hilo Cocktail.....	73
Lobster Cocktail.....	72 · 111 · 417
Maraschino Cocktail.....	169
Melon Cocktail.....	147 · 201
Merry Widow Cocktail.....	325 · 363
Mint Cocktail.....	333
Mint Fruit Cocktail.....	165
Moana Cocktail.....	173
Oyster Cocktail.....	107 · 263
Shrimp Cocktail.....	298

COOKIES

Buttermilk Cookies.....	264
Bran Cookies.....	378
Cocoanut Drop Cookies.....	376
Fig Oatmeal Cookies.....	377
Filled Cookies.....	97
Ginger Cookies.....	376
Honey Bran Cookies.....	375 · 380
Neapolitan Slices.....	131
Nut Cookies.....	237
Oatmeal Cookies.....	67 · 376
Orange Cookies.....	309 · 382
Orange Wafers.....	257
Raisin Hermits.....	306
Rolled Honey Wafers.....	380
Soft Ginger Cookies.....	29
Sugar Cookies.....	377
Walnut Wafers.....	165 · 259
Whole Wheat Cookies.....	377

CROQUETTES

Cheese Croquettes.....	385
Dutch Croquettes.....	300
Ham Croquettes.....	53
Potato Croquettes.....	6
Spinach Croquettes.....	387
Surprise Croquettes.....	122 · 258
Surprise Croquettes with Peas.....	295
Tongue Croquettes.....	108
Veal Croquettes.....	249
Whole Wheat Spaghetti Croquettes.....	384

DESSERTS

BLANC MANGE

	PAGE
Apricot Blanc Mange.....	145
Chocolate Blanc Mange.....	116
Pineapple Blanc Mange.....	196

COBBLER

Apple Cobbler.....	60 · 331
Cherry Cobbler.....	206
Peach Cobbler.....	64 · 66 · 235

CUSTARDS

Custard, Baked Orange.....	382
Custard, Bread.....	86
Custard, Cherry Cup.....	65
Danish Custard.....	149
Custard, Honey Cheese.....	380
Custard, Orange and Date.....	382
Custard, Orange Cup.....	260
Custard, Strawberry.....	349

DUMPLINGS

Apple Dumplings.....	16
Apricot Dumplings.....	5
Peach Dumplings.....	142

GELATIN

Almond and Apple Whip.....	31
Banana Sponge.....	119
Bavarian Cream.....	175
Chocolate Bavarian Cream.....	44
Cream Jelly.....	65
Grape Fluff.....	283
Hamburg Sponge.....	218
Ivory Cream.....	228
Jellied Apricots and Rice.....	63
Marshmallow Loaf.....	336
Mocha Bavarian Cream.....	313
Mock Biscuit Tortoni.....	87
Orange Charlotte.....	90
Orange Charlotte Russe.....	274
Orange Surprise.....	239 · 382
Oriental Cream.....	110
Peach Bavaoise.....	251
Peach Sponge.....	258
Pineapple Sponge.....	320
Prune Gelatin.....	239
Spanish Chocolate Cream.....	259
Spanish Cream.....	407
Strawberry Bavarian Cream.....	123
Strawberry Charlotte.....	169

DESSERTS—Continued

ICE CREAM

	PAGE
Ice Cream Almond Plombiere.....	271
Ice Cream Beaumont.....	280
Ice Cream Brown Bread.....	269
Ice Cream Burnt Almond.....	341
Ice Cream Coffee.....	328
Ice Cream Fig.....	388
Ice Cream Hawaiian.....	287
Ice Cream Orange Custard.....	383
Ice Cream Orange Flower.....	305
Ice Cream Peach.....	181 - 257
Ice Cream Peaches Melba.....	158
Ice Cream Peppermint.....	248
Ice Cream Pistachio with Peach Sauce.....	231
Ice Cream Raspberry.....	168

ICES

Currant Ice	200
Frozen Apricot Ice.....	261
Frozen Siberian Punch.....	224
Frozen Tea.....	295
Peach Ice.....	186
Raspberry and Currant Ice.....	223
Strawberry Ice.....	209

FRAPPE

Egg Nog Frappe.....	330
Orange and Grape Juice Frappe.....	213

FROZEN

Cocoanut Blanc Mange.....	272
Frozen Apricots.....	95
Frozen Coffee Pudding.....	164
Frozen Peach Shortcake.....	222
Frozen Strawberry Nectar.....	241
Fruit Cup.....	106
Lalla Rookh.....	185
Orange Fool.....	128
Peach and Marron Cream.....	323
Russian Cream.....	211
Strawberry Frozen Pudding.....	183
Strawberry Plombiere	152
Tutti Frutti	130

DESSERTS—Continued

MOUSSE

	PAGE
Almond and Cherry Mousse.....	205
Banana Mousse.....	268
Chocolate Mousse.....	236
Ginger Mousse.....	212
Oriental Mousse.....	330
Strawberry Mousse.....	246
Walnut Mousse.....	317
Wild Rose Mousse.....	165

PARFAIT

Angel Parfait.....	273
Apricot Parfait.....	144
Cafe Parfait.....	233
Chocolate Parfait.....	302
Los Angeles Parfait.....	104
Orange Parfait.....	265

SHERBET

Sherbet, Grapefruit.....	264
Sherbet, Italian.....	314
Sherbet, Lilac.....	254
Sherbet, Mandarin.....	289
Sherbet, Mint Fruit.....	244
Sherbet, Peach.....	215 - 247
Sherbet, Pineapple.....	305
Sherbet, Plum.....	204
Sherbet, Red Raspberry.....	180
Sherbet, Strawberry.....	181
Sherbet, Two-and-One.....	246
Sherbet, Watermelon.....	177

SOUFFLE

Souffle, Apricot.....	30 - 83
Souffle, Apricot Gelatin.....	323
Souffle, Baked Orange.....	283
Souffle, Chocolate.....	82
Souffle, Date.....	253
Souffle, Grape Juice.....	267
Souffle, Mexican.....	67
Souffle, Orange.....	190 - 263
Souffle, Peach.....	245
Souffle, Raisin.....	320
Souffle, Raspberry.....	185

TAPIOCA

Fig Tapioca.....	114
Fruit Tapioca.....	27 - 92 - 249
Peach Tapioca.....	308

DESSERTS—Continued

MISCELLANEOUS

	PAGE
Coupe Phillippa	352
Date and Nut Dessert.....	347
Fleur D'Oran Sundae.....	14
Floating Island.....	183
Framboisine	229
Princess Cream.....	221
Sand Torte.....	50
Scotch Mist.....	238
Zabaione.....	12 - 325

PIE

Alaska Pie.....	141
Apple and Cranberry Pie.....	286
Apple and Raisin Pie.....	290
Apple Pie Royal.....	285
Apricot Pie.....	33 - 155
Apricot Layer Pie.....	150
Banana Cream Pie.....	4 - 230
Bavarian Apple Pie.....	88
Bavarian Layer Pie.....	36
Blackberry Pie.....	126
Blackberry Jelly Pie.....	282
Butterscotch Pie.....	309
Caramel Pie.....	15
Cherry Pie.....	100
Cherry Cream Pie.....	242
Chocolate Pie.....	102
Chocolate Custard Pie.....	90
Cocoanut Pie.....	170
Cocoanut Cream Pie.....	343
Coffee Cream Pie.....	160
Colonial Pie.....	74
Cranberry Pie.....	28
Cream Pie.....	360
Cream Peach Pie.....	113
Date Pie.....	72
Date Cream Pie.....	101
Green Tomato Mince Pie.....	176
Individual Orange Pie.....	115
Lemon Pie.....	156 - 355
Lemon Cheese Pie.....	109
Lemon Chiffon Pie.....	116
Lemon Cream Pie.....	20 - 358 - 383
Mock Mince Pie.....	37
Orange Pie.....	1 - 383
Orange Custard Pie.....	17
Peach Pie.....	86 - 205
Peach and Raisin Pie.....	167
Pear Pie.....	151
Pineapple Pie.....	159 - 278

DESSERTS—Continued

PIES—Continued

	PAGE
Pineapple Meringue	307
Plum Pie.....	171
Prune Pie.....	338
Pumpkin Pie.....	79 · 334
Pumpkin Lemon Pie.....	362
Raisin Pie.....	51 · 53
Raisin Pie (Mock Cherry).....	1
Raisin Custard Pie.....	55
Raspberry Cream Pie.....	301 · 366
Rhubarb Pie	25
Rhubarb and Raisin Pie.....	7
Rhubarb Meringue Pie.....	169
Strawberry Pie.....	42
Tamale Pie.....	398

PIE FILLINGS

Cherry Pie Filling.....	100
Coffee Cream Filling.....	160
Colonial Pie Filling.....	74
Cream Puff Filling.....	150
Mince Meat Filling.....	421
Meringue Filling.....	149
Orange Filling.....	149
Tongue Mince Meat.....	421

PUDDINGS

Almond Pudding.....	354
Apple Snow Pudding.....	327
Apricot Pudding.....	140
Apricot Rice Pudding.....	124
Baked Apple Pudding.....	352
Baked Fruit Pudding.....	103
Baked Orange Pudding.....	300
Baked Raisin Pudding.....	39
Banana Pudding.....	69 · 112
Blackberry Pudding	109
Bread Pudding.....	210
Bread and Jelly Pudding.....	79
California Fruit Pudding.....	418
Cherry Pudding.....	100
Cocoanut Lemon Pudding.....	105
Chocolate Pudding.....	326 · 374
Chocolate Plum Pudding.....	353
Chocolate Rice Pudding.....	70
Cocoanut Pudding.....	13
Cocoanut Lemon Pudding.....	105
Cottage Pudding.....	61
Cuban Pudding.....	154

DESSERTS—Continued

PUDDINGS—Continued

	PAGE
Cuban Coconut Pudding.....	10
Danish Pudding.....	197
Date Pudding.....	321
Fig Pudding.....	58
Ginger Pudding.....	81 • 319
Honey Pudding.....	135
Ice Box Pudding.....	11
Keswick Pudding.....	315
Lemon Pudding.....	361
Mab's Pudding.....	54
Maple Apple Pudding.....	171 • 256
Marshmallow Apple Pudding.....	293
Nut and Fruit Pudding.....	374
Orange Pudding.....	232 • 284
Orange Bread Pudding.....	60
Orange Tapioca Pudding.....	101
Peach Pudding.....	254
Peach Cabinet Pudding.....	184
Persimmon Pudding.....	336
Pineapple Pudding.....	338
Plum Pudding.....	421
Pompadour Pudding.....	111
Prune Pudding.....	15
Pumpkin Pudding.....	286
Raisin Pudding.....	93
Rice Pudding.....	85 • 91 • 174
Rhubarb Pudding.....	96
Snow Pudding.....	46
Spanish Chocolate Pudding.....	288
Standish Pudding.....	255
Steamed Almond Pudding.....	170
Steamed Bran Pudding.....	378
Sunkist Pudding.....	68
Swiss Berry Pudding.....	238
Tamale Pudding.....	398
Tapioca Pudding.....	6
Tapioca Coconut Pudding.....	30
Venetian Pudding.....	341
Walnut Pudding.....	129 • 337

PASTRY—PUFFS & TARTS

Eclair, Chocolate.....	40
Eclair, Maple.....	22
Florentines.....	53
Pastry, Vienna.....	132
Pie Crust, Whole Wheat.....	378
Puffs, Banana, Fruit Sauce.....	262
Puffs, Cherry.....	227
Puffs, Coconut Cream.....	43

DESSERT—Continued

PASTRY—PUFFS & TARTS—Continued

	PAGE
Puffs, Cream.....	150
Puffs, Whole Wheat Cream.....	376
Roll, Swiss.....	346
Rolls, Pasadena.....	5
Tart, Apple.....	46
Tart, California Fruit.....	362
Tart, Cherry.....	2 · 138
Tart, Cranberry.....	92
Tart, Fresh Peach.....	124
Tart, Grape.....	306
Tart, Grape Meringue.....	348
Tart, Lancaster Apple.....	56 · 344
Tart, Lemon, Armstrong.....	75
Tart, Strawberry.....	194
Tart, White Grape.....	270
Tartlets, Orange.....	149
Turnover, Peach.....	194

DESSERT SAUCE

Apricot Sauce.....	356
Apricot Hard Sauce.....	143
Banana Sauce.....	73
Butterscotch Sauce.....	311
Cherry Sauce.....	135
Chocolate Sauce.....	192 · 325
Chop Suey Sauce.....	24 · 202
Custard Sauce.....	320
Fig Sauce.....	80
Fig Nut Sauce.....	45
Francisco Sauce.....	16
Fresno Sauce.....	240
Golden Sauce.....	108
Hard Sauce.....	115
Jelly Sauce.....	61
Lemon Sauce.....	109 · 285 · 326
Maple Sauce.....	118
Mocha Sauce.....	122
Nugget Sauce.....	23
Orange Sauce.....	197 · 284 · 383
Orange Cream Sauce.....	18
Orange Creamy Sauce.....	383
Pineapple Custard Sauce.....	51
Tribby Dressing.....	7

DESSERT—Continued

WITH FRUIT

	PAGE
Apricot Roll.....	143
Apricots Sacramento.....	81
Apple, Baked Honey.....	380
Apple Baked with Marshmallow.....	317
Apple Roll.....	292
Apple Turnovers.....	62 - 95
Apples Delta.....	57
Bananas, Belgian.....	322
Banana Compote.....	2 - 138
Banana Fool.....	3
Bananas, Glazed.....	197
Banana, (Pie) Pastel de Platano.....	32
Blackberry Roll.....	326
Fruit Coupe.....	13
Fruit Cup.....	260
Fruit, Macedoine of.....	347
Fruit, Melange of.....	219
Fruit Roll.....	99
Grape, Compote of.....	232
Grape Trifle.....	282
Kisses.....	200
Orange Cream.....	340
Oranges Chantilly.....	216
Oranges San Emidio.....	49 - 277
Peach Ambrosia.....	102
Peach Betty.....	195
Peach Cup, Burlingame.....	198
Peach Flan.....	187
Peach Fluff.....	299
Peach Melba.....	47
Peaches, Princess.....	104
Peach Pufflets.....	166
Peach Sillibub.....	148 - 301
Peaches, Windsor.....	191
Peaches with Marshmallow.....	223
Pineapple, Ewa.....	36
Pineapple, Hawaiian Dainty.....	48
Pineapple, Moana.....	309
Pineapple Turnovers.....	70
Plums in Batter.....	152
Pomegranates, Compote of.....	339
Prune Fluff.....	334
Prune Whip, Jellied.....	57
Raspberry Sundae.....	113
Strawberry Coupe.....	207
Strawberry Mold.....	307
Strawberry Whip.....	35
Watermelon Squares.....	204

EGGS

	PAGE
Egg a l'Ardenaise.....	259
Egg a la Benedict.....	253
Egg a la Columbus.....	158
Eggs al Pomodoro.....	139
Eggs au Gratin.....	190
Eggs au Miroir.....	166
Eggs aux Croutons.....	310
Eggs Baked.....	306
Eggs, Belmont.....	96
Eggs Cabaret.....	160
Eggs Caracas.....	128
Eggs Carmelite.....	35
Eggs, Creamed on Toast.....	303
Eggs, Curried.....	31 - 340
Eggs, Golden Buck.....	374
Eggs Grecian.....	324
Eggs, Ham and, Country Style.....	49 - 277
Eggs, Hamburg.....	267
Eggs Havana.....	146
Eggs Hawaiian.....	54
Eggs in Tomatoes.....	67 - 167
Eggs, Lucanian.....	89
Eggs Mazatlan.....	56
Eggs Mexican.....	13
Eggs Montebello.....	279
Eggs Myown.....	45
Eggs on Ham Toast.....	39
Eggs, Panama.....	189
Eggs, Princess.....	295
Eggs Riverside.....	25
Eggs, Russian.....	350
Eggs Shirred in Cream.....	5 - 27
Eggs Shirred, Willowbrook.....	137
Eggs Shirred with Ham.....	204
Eggs, Spanish.....	15
Eggs Surprise.....	6
Eggs Swiss.....	188
Eggs Swiss on Toast.....	24
Eggs Tartlets.....	153
Eggs, Windsor.....	184
Eggs with Pimiento Potatoes.....	255

EGGS POACHED

Eggs, Poached in Tomatoes.....	193
Eggs, Poached Maryland.....	140 - 202
Eggs, Poached Mexican.....	16
Eggs, Poached on Anchovy Toast.....	278
Eggs, Poached Portland.....	66
Eggs, Poached Santa Barbara.....	85
Eggs, Poached Virginia.....	356

EGGS—Continued

EGGS SCRAMBLED

	PAGE
Eggs Scrambled in Rolls.....	219
Eggs Scrambled Livingston.....	250
Eggs Scrambled Molet.....	200
Eggs Scrambled and Bananas.....	101
Eggs Scrambled and Corn.....	183

OMELETS

Omelet a la Columbia.....	125
Omelet, Bachelor.....	318
Omelet, Creole.....	291
Omelet Madrid.....	97
Omelet, Savoury.....	192
Omelet, Spanish.....	240 - 405
Omelet with Cheese.....	2 - 138
Omelet with Chives.....	207
Omelet with Fried Tomatoes.....	165
Omelet with Greens.....	186
Omelet with Ham.....	118
Omelet with Lobster.....	168
Omelet with Rive Olive.....	251
Omelet with Tomato.....	122

ENTREES

Baked Rice and Tomato.....	320
Cabbage Pudding.....	385
Celery and Cheese Pudding.....	384
Chili Rellenos.....	229
Chilely.....	134
Chingoree Curry.....	182
Corn Creole.....	285
Cornish Pasties.....	346
Escalloped Mushrooms.....	90
Fricandelles.....	315
Ham Trifle.....	220
Krop Kakor (Swedish Dumplings).....	83
La Touraine.....	276
Liver Dumplings.....	312
Lomo.....	259
Mock Sausage.....	385
Noodle and Ham Pudding.....	336
Onions Stuffed with Kidney.....	246
Philadelphia.....	348
Roast, Boston.....	3
Roast, Pea.....	168
Sausage and Cabbage.....	252
Stuffed Marrow.....	290
Vegetable Cutlets.....	385
Vegetable Platter Meal.....	262
Walnut Sausage.....	386

LOAF

	PAGE
Loaf, Cottage Cheese with Beans.....	385
Loaf, Green Pea.....	385
Loaf, Meatless Meat.....	386
Loaf, Peanut and Carrot.....	101
Loaf, Rice and Walnut.....	386
Loaf, Walnut.....	387

FISH

Abalone Steak.....	82
Albacore, Meuniere.....	299
Bacalao	105
Back Bay Fish Pie.....	85
Baked Baby Mackerel.....	43
Baked Bass.....	278
Baked Mackerel.....	347
Baked Rock Bass.....	177 - 361
Baked Rock Cod.....	316
Baked Stuffed Bass.....	19
Barracuda	64
Bombay Turnovers	209
Broiled Shad Roe, Maitre d'Hotel.....	210
Broiled Trout.....	71
Ciopino Santa Barbara.....	12
Codfish Mexican (Bacalao).....	400
Codfish, Newfoundland	170
Codfish Souffle.....	101
Finnan Haddie.....	26
Finnan Haddie in Cream.....	340
Finnan Haddie, Milanese.....	57
Fish Custard.....	390
Fish Pie	92
Fish Roes, Baltimore.....	32
Fish Souffle	58
Fish with Green Peppers.....	364
Flounder a la Nouvelle Orleans.....	291
Flounder a l'Italienne.....	217
Fresh Mackerel	71
Japanese Turnovers.....	10
Poached Albacore.....	200
Pot Roast of Yellow Tail.....	26
Sand Dabs.....	102 - 132 - 200
Sand Dabs, Spencer.....	357
Spanish Fish Stew.....	405
Tuna Fish and Pineapple Pate.....	269
Tuna Rarebit.....	5

CRAB

Crab, Deviled.....	95
Crab Flakes Creole	12
Crab Louis.....	318
Crabmeat, Catlan.....	102
Crabmeat, Monza	356

FISH—Continued

CRAB—Continued

	PAGE
Crab, Mephisto	272
Crabs, Mexican Style.....	400
Crab, Monaco	146

HALIBUT

Halibut a la Suisse.....	248
Halibut, Baked.....	36 - 269 - 314
Halibut, Baked, Swedish Style.....	255
Halibut, Boiled with Caper Sauce.....	238
Halibut, Boiled with Shrimp Sauce.....	331
Halibut Cutlets with Caper Sauce.....	207
Halibut in Curry with Rice.....	125
Halibut in Lemon Sauce.....	193
Halibut, Mexican	399
Halibut, Mornay.....	354
Halibut Steak, Meuniere.....	5
Halibut a la Suisse.....	248
Halibut with White Grapes.....	231

LOBSTER

Lobster a la Newburg.....	64
Lobster Amsterdam.....	11
Lobster Cocktail.....	111 - 417
Lobster Cutlets.....	330
Lobster Portola	17

OYSTERS

Angels on Horseback.....	219
Oyster Creole.....	280
Oyster Dumplings.....	116
Oyster Pie, Baked.....	50
Oyster Tartines.....	56 - 344
Oysters au Gratin.....	29
Oysters, Gobey	347
Oysters Olympia, Catalan.....	419
Oysters, Poulette	338
Oysters in Ramekins.....	303

SALMON

Salmon a la Genevese.....	156
Salmon a la Venetienne.....	163
Salmon, Baked with Cream Sauce.....	374
Salmon, Boiled.....	211 - 355
Salmon, Braised.....	108
Salmon Chops.....	88
Salmon Creole.....	262
Salmon, Darne of Salmon, Columbia.....	85

FISH—Continued**SALMON—Continued**

	PAGE
Salmon Hollandaise	373
Salmon, Hollywood.....	78
Salmon, Laplander.....	239
Salmon Loaf with Cucumber Sauce.....	248
Salmon, Parisian	193
Salmon, Pot Roast of.....	29
Salmon Souffle.....	154
Salmon Steak.....	285
Salmon Steak, Saute.....	186

SHRIMP

Shrimp a la Newburg.....	158
Shrimp, Cosmos Club.....	57
Shrimp, Creamed.....	363
Shrimp, Curried.....	19 - 131
Shrimp Mexican	199
Shrimp, Spanish	406

SOLE

Fillet of Sole.....	23 - 98
Fillet of Sole Baked with Oysters.....	89
Fillet of Sole and Oysters au Gratin.....	186
Sole a la Bercy.....	231
Sole, Venetian.....	168
Spanish Tenderloin of Sole.....	405

FRITTERS

Artichoke Fritters	50
Beef Fritters.....	222 - 350
Corn Fritters	221
Meat Fritters	74
Peach Fritters.....	43
Sweetbread Fritters.....	282
Walnut Fritters, Grilled Tomatoes.....	217

FRUIT

Baked Bananas	233
Baked Bananas, Mexican.....	401
Baked Oranges.....	382
See Orange Recipes, Page 277 - 381	
Heavenly Hash	335
Pears with Chocolate Sauce.....	241
Strawberries a la Francaise.....	243

HONEY RECIPES

	PAGE
Bran Brown Bread.....	379
Honey Almond Cakes.....	381
Honey Apple, Baked.....	380
Honey Bran Cookies.....	380
Honey Butter Cake.....	379
Honey Cakes.....	381
Honey Cheese Custard.....	380
Honey Frosting.....	380
Honey Fruit Cake.....	381
Honey Icing.....	380
Honey Nut Cakes.....	380
Honey Salad Dressing.....	381
Honey Wafers, Rolled.....	380

ITALIAN DISHES

Artichokes and Eggs.....	413
Asparagus, "alla Casalinga".....	413
Asparagus Fritto.....	413
Asparagus Soup.....	408
Beetroot and Potatoes.....	411
Brussels Sprouts, "al Limone".....	411
Cabbage (Rea) "alla Flamminga".....	411
Cabbage "allo Uevo".....	411
Calf's Liver, Italian.....	4
Calf's Tongue, Italian.....	112
Carrots "allo Zucchero".....	411
Cauliflower "al Forno".....	412
Cauliflower "al Gratin".....	411
Cauliflower "in Stufato".....	412
Celery "alla Crema".....	412
Celery (al Fritto).....	412
Celery "al Pomodoro".....	412
Chestnut Soup.....	407
Croutons with Cheese.....	410
Cucumbers "alla Crema".....	412
Cucumbers "alla Comasca".....	412
Cucumbers "Farciti".....	412
Eggplant (Aubergine) "alla Griglia".....	413
Eggplant (Aubergine) "Saute".....	413
Farce for Ravioli.....	266
Fish Soup.....	409
French Beans, "in Fricassee".....	413
Gnocchi "alla Romana".....	410
Italian Hash.....	103
Leeks "al Forno".....	410
Lentils "alla Corona".....	410
Lettuce Soup.....	408
Lima Beans "alla Crema".....	413
Macaroni "al Forno".....	409
Macaroni "alla Quaresima".....	409
Macaroni and Cheese.....	173 - 234

ITALIAN DISHES—Continued

	PAGE
Macaroni and Cheese Pudding.....	163
Macaroni and Kidney Beans.....	88
Macaroni au Gratin.....	291
Macaroni, Baked Whole Wheat.....	375
Macaroni Buckley.....	13
Macaroni, Christian.....	34
Macaroni Curry.....	384
Macaroni and Curried Vegetables.....	384
Macaroni Loaf with Cheese.....	359
Macaroni, Virginia Style.....	255
Macaroni with Anchovies.....	80
Meat Balls Italian.....	63
Onions (Small White).....	414
Onion Soup.....	408
Onion Soup "Puree alla Soubise".....	408
Palestine Soup.....	408
Parsnips "al Forno".....	414
Peas "allo Zucchero".....	413
Pea Soup.....	408
Polenta "alla Parmigiana".....	414
Polenta with Sausages.....	414
Potatoes "in Casseruola".....	413
Potato "Cestine".....	414
Potato "Farcite".....	414
Potato Soup "alla Romana".....	408
Ravioli.....	409 - 266
Ravioli Sauce.....	409
Ravioli Tuscan.....	54
Risotto, Italian.....	306
Salsify "al Burro".....	411
Spaghetti, Bolognese.....	76
Spaghetti, Buckley.....	343
Spaghetti "Con Acciughe".....	410
Spaghetti Italian.....	1
Spaghetti, Milanaise.....	310
Spaghetti, Neapolitan.....	6
Spaghetti Oriental.....	26
Spaghetti Spanish.....	241 - 55
Spaghetti Timbaletti Di.....	410
Spaghetti Volpi.....	361
Spaghetti, Whole Wheat Croquettes.....	384
Spinach Soup "alla Modenese".....	408
Tagliatelle.....	358
Tomatoes "al Forno".....	410
Tomatoes "alla Pimontese".....	411
Tomatoes "Ripieni".....	410
Tomato Jelly.....	411
Tomato Soup.....	408
Tortelli, Neapolitan.....	297
Vegetable Soup "alla Genovese".....	409
Vegetable Soup (Mixed).....	409

JAM—JELLY—MARMALADE

BUTTER

PAGE

Peach Butter.....	167 · 201 · 391
Peach Butter with Cider.....	391
Rhubarb Butter.....	187

CONSERVE

Cherry Conserve.....	158
Fig and Raisin Conserve.....	387
Fig and Rhubarb Conserve.....	388
Fig Conserve.....	387
Grape Conserve.....	162 · 388
Pear and Apple Conserve.....	390
Plum Conserve.....	389
Rhubarb Conserve.....	324
Ripe Tomato Conserve.....	189
Strawberry Conserve.....	123

JAM

Jam, Apricot.....	178
Jam, Apricot and Plum.....	139
Jam, Banana.....	144
Jam, Cherry.....	177
Jam, Fig.....	166 · 388
Jam, Fig and Rhubarb.....	208
Jam, Loganberry.....	240 · 389
Jam, Orange and Peach.....	235
Jam, Plum.....	199
Jam, Prune and Orange.....	209
Jam, Raspberry.....	121 · 175
Jam, Raspberry and Currant.....	146
Jam, Rhubarb and Orange.....	136

JELLY

Jelly, Apricot.....	390
Jelly, Bar le Duc Currant.....	390
Jelly, Coffee.....	78
Jelly, Currant.....	155 · 389
Jelly, Loganberry.....	389
Jelly, Mint.....	208
Jelly, Pineapple.....	137
Jelly, Plum.....	142
Jelly, Prickly Pear.....	391
Jelly, Guava.....	390
Jelly, Raisine.....	172
Jelly, Seedless Grape.....	388
Jelly, Tomato.....	411

JAM—JELLY—MARMALADE—Continued

MARMALADE

	PAGE
Marmalade, Apricot.....	127 · 390
Marmalade, Banana.....	249
Marmalade, California.....	236
Marmalade, Grape.....	161
Marmalade, Grape Fruit.....	297 · 384
Marmalade, Kumquat	384
Marmalade, Lemon.....	384
Marmalade, Mixed Fruit.....	159
Marmalade, Orange.....	383
Marmalade, Oriental.....	383
Marmalade, Pear.....	390
Marmalade, Pear and Lemon.....	198
Marmalade, Plain	3
Marmalade, Plum	234
Marmalade, Plum Gumbo.....	255
Marmalade, Quince Honey.....	351
Marmalade, Tomato	154

PRESERVES

Preserves, Apricot and Orange.....	157
Preserves, Cherry.....	124 · 164
Preserves, Citron Melon.....	390
Preserves, Fig Romola.....	387
Preserves, Hawaiian	188
Preserves, Medley.....	137
Preserves, Prickly Pear.....	391
Preserves, Quince	343
Preserves, Raisine	172
Preserves, Rhubarb and Ginger.....	298
Fig Chutney.....	388
Grape Chutney	389
Grape Raisine	388
Pickled Figs.....	388
Pickled Plums	389
Spiced Plums.....	389

MEAT

BEEF

Baked Beef Heart.....	113
Baked Short Ribs of Beef.....	152 · 294
Beef a la Milanaise.....	289
Beef a la Mode.....	42
Beef en Casserole.....	31
Beef Fillet Braised.....	302
Beef Goulash	6
Beef Loaf, Hungarian.....	216
Beef Loaf, Mexican Sauce.....	96

MEAT—Continued

BEEF—Continued

	PAGE
Beef, Mazatlan.....	4
Beef Polentas.....	135
Beef Steak Russian.....	35
Beef Steak, Stuffed and Roasted.....	320
Beef Stew and Dumplings.....	275
Boiled Beef.....	75
Boiled Beef au "Pain Perdu".....	239
Boiled Dinner.....	292
Braised Beef.....	151 - 237
Braised Beef, Tokio.....	351
Braised Beef with Oysters.....	308
Braised Short Ribs.....	106 - 260
Brisket of Beef with Sauerkraut.....	327
Bratsch.....	94
Corned Beef.....	60
Deviled Steak.....	10
English Pot Roast.....	360
Fillet Mignons.....	69
Fillet of Beef, Crane.....	318
Flank Steak with Onions.....	267
Hungarian Beef Loaf.....	174
Mexican Round Steak.....	399
Roast Beef a la Balfour.....	180
Roast Stuffed Tenderloins.....	204
Round Steak, Sauce Piquant.....	295
Short Ribs of Beef.....	321
Steak a la Minute.....	215
Steak, Bercy.....	175
Steak Szradie.....	328
Stuffed Steak.....	187
Sweet and Sour Beef.....	164
Swiss Steak.....	242
Tenderloin Steak.....	355
Vienna Pot Roast.....	122

HAM

Ham a la Van Voast.....	116
Ham, Baked.....	9
Ham, Baked in Cider.....	86
Ham, Baked, Vermont.....	93
Ham, Boiled.....	274 - 338
Ham, Boiled with Young Beets.....	65
Ham, Boned Fresh.....	366
Ham Cutlets, Breaded.....	283
Ham, Grilled with Bananas.....	254
Ham in Casserole.....	110
Ham, Jellied Loaf.....	202
Ham Mousse with Sauce.....	203
Ham Patties.....	327
Ham Roll.....	42
Ham Savory.....	120

MEAT—Continued

HAM—Continued

	PAGE
Ham Steak.....	33
Ham Steak, Club Style.....	247
Ham Steak, Knickerbocker.....	324
Ham Steak, Planked.....	84
Ham Trifle.....	281
Ham with Gravy and Rice Balls.....	307

HASH

Baked Beef Hash.....	115
Beef Hash.....	117 - 261
Chef's Hash.....	20
Lamb Hash.....	235
Turkey Hash.....	354

KIDNEYS

Kidney and Steak Pic.....	105
Kidney en Casserole.....	337
Kidney, Los Angeles.....	289
Kidney Roast, Veal.....	235
Kidney Saute.....	278 - 313
Kidney Saute, Armstrong.....	319
Kidney Saute, Lamb.....	140

LAMB

Baked Shoulder of Lamb.....	352
Barbecued Lamb.....	76
Braised Lamb.....	296
Breast of Lamb.....	56 - 344
Casserole of Lamb.....	143
Creamed Lamb.....	28 - 194
Deviled Lamb.....	201
Fillet of Lamb Chops.....	205
Italian Cutlets.....	227
Lamb and Vegetable Casserole.....	223
Lamb Cardinal.....	284
Lamb Chops, Reforme.....	137
Lamb Curry.....	22
Lamb Fricassee.....	334
Lamb Hash.....	61
Lamb Heart.....	316
Lamb Mazatlan.....	131
Lamb Steak.....	189
Lamb Steak, Bercy.....	313
Lamb Steak, Bordelaise.....	32
Lamb Timbales.....	281
Lamb Stew.....	82
Lamb's Feet, White Sauce.....	305
Leg of Lamb.....	104

MEAT—Continued

LAMB—Continued

	PAGE
Potted Shoulder of Lamb.....	264
Rack of Lamb.....	48 - 135
Ragout of Lamb.....	117
Rice and Lamb Casserole.....	100
Roast of Lamb.....	195
Roast Spring Lamb.....	271
Shoulder of Lamb.....	2 - 138 - 219
Spring Lamb with Mint Sauce.....	121
Stuffed Shoulder of Lamb.....	366
Tournadoes of Lamb.....	123

LIVER

Calf's Liver	182
Calf's Liver au Gratin.....	18
Calf's Liver Brochette.....	190
Calf's Liver, Piquante.....	321
Calf's Liver with Rice.....	286
Liver a la Hen Pheasant.....	328
Liver Begue.....	215
Spanish Chanfaina of Liver.....	404

MEAT BALLS

Meat Balls, Deviled.....	49 - 277
Meat Balls with Horseradish Sauce.....	213
Meat Balls with Noodles.....	72
Meat Balls, Mexican.....	399

MEAT CAKES

Meat Cakes, Moscow.....	98
Meat Cakes, Russian.....	225

MEAT PIES

Cornish Pasties	346
Cottage Meat Pie.....	68
Ham and Rabbit Pie.....	114
Meat Pie.....	145 - 206 - 293
Sea Pie.....	191
Spanish Pie	404
Spanish Chicken Pie.....	403
Spanish Meat Pie.....	83
Turkey Pie.....	357
Veal and Ham Pie.....	227

MEAT—MISCELLANEOUS

Baked Heart	136
Bobtee	218
Boiled Leg of Mutton.....	63
Calf's Brains.....	176
Calf's Brains with Browned Butter.....	245
Calf's Head	62

MEAT—Continued

MEAT—MISCELLANEOUS—Continued

	PAGE
Carne Diaz.....	157
Cider Tenderloin.....	270
Cutlet en Casserole.....	242
Deviled Meat.....	109
Dutch Fricadel.....	112
Dutch Stew.....	171
Fried Oxtail.....	214
Fritura Mixta.....	2 - 138
Hang Town Fry.....	38
Hungarian Goulash.....	119 - 199 - 348
Mixed Grill.....	33 - 150
Mixed Grill, Young.....	126
New England Dinner.....	17
Paprika Schnitzel.....	54
Pilaff.....	9
Russian Goulash.....	150
Tamale Loaf.....	398

MEAT SUBSTITUTES

Cabbage Pudding.....	385
Celery and Cheese Pudding.....	384
Cheese Croquettes.....	385
Cottage Cheese Loaf with Beans.....	385
Eggplant with Walnuts.....	386
Green Pea Loaf.....	385
Macaroni Curry.....	384
Macaroni, Curried Vegetables.....	384
Meatless Meat Loaf.....	386
Mock Sausage.....	385
Nut Roast.....	211
Potato Puffs with Cheese.....	385
Rice Walnut Loaf.....	386
Spinach Croquettes.....	387
Stuffed Peppers.....	386
Vegetable Cutlets.....	385
Walnut Loaf.....	387
Walnut Sausage.....	386
Whole Wheat Spaghetti Croquettes.....	384

PIG'S FEET

Pig's Feet Francisco.....	75
Pig's Feet in Jelly.....	16 - 142

PORK

Baked Shoulder of Pork.....	80
Loin of Pork.....	201
Parisian Pork Tenderloins.....	317
Pork Chops.....	37 - 182

MEAT—Continued

PORK—Continued

PAGE

Pork Roast Strausiana	129
Pork Tenderloins	51
Roast Pork.....	233 - 358
Spanish Estofado de Madrid.....	404
Spareribs Stuffed.....	267

SAUSAGE

Baked Potato and Sausage.....	128
Country Sausage.....	25 - 60
Country Sausage, Pomona.....	40
Homemade Sausage	94
Nut Sausage.....	91
Sausage Rolls.....	296
Walnut Sausage.....	359

SWEETBREADS

Sweetbreads a la Bearnaise.....	314
Sweetbreads Financiere.....	275
Sweetbreads in Casserole.....	119
Sweetbreads, Lamb.....	265

TONGUE

Beef Tongue.....	58 - 245
Boiled Calves' Tongues.....	65
Boiled Corned Tongue.....	230
Braised Tongue.....	268
Breaded Tongue	345
Calves' Tongues	55
Mexican Tongue	399
Polish Stewed Tongue.....	156
Spanish Tongue with Walnut Sauce.....	404
Tongue and Ham Loaf.....	197
Tongue Cutlets	41
Tongue Ramequins.....	208
Tongue, Spanish.....	77 - 185
Tongue, Spanish Sauce.....	128

TRIPE

Tripe, Creamed.....	312
Tripe, Lyonnaise.....	81
Tripe, Mexican.....	198 - 399
Tripe Stewed, Creole.....	263

MEAT—Continued

VEAL

	PAGE
Bavarian Veal Chops.....	184 • 244
Breast of Veal.....	161
Deviled Veal.....	351
Fricassee of Veal.....	307
Loin of Veal.....	276
Minced Veal Cutlet.....	223
Pickled Veal Tongue.....	70
Polish Chops.....	136
Shoulder of Veal.....	59 • 198
Veal, Casserole.....	34
Veal Chili.....	37
Veal Chops, Tremont.....	352
Veal Cutlets a la Toulouse.....	288
Veal Cutlet Baked.....	220
Veal Cutlets Breaded.....	274
Veal Cutlets, Breaded and Baked.....	247
Veal Cutlets, Italian.....	362
Veal Dandy.....	221
Veal Fricassee.....	8 • 155
Veal Hearts and Carrots.....	326
Veal Loaf.....	99
Veal Paprika.....	268
Veal Patties.....	339
Veal, Poulette.....	178
Veal Shoulder, Bourgeoise.....	153 • 243

MEXICAN & SPANISH DISHES

Avocado Cocktail.....	403
Avocado, Escalloped.....	403
Avocado Salad.....	403
Avocado Soup.....	403
Banana Peppers.....	406
Banana Sweet Pickle.....	406
Bien Me Sabe.....	407
Cajeta de Leche.....	406
Chicken Tamales.....	398
Colecannon.....	405
Enchiladas.....	398
Hot Spice for Gravies.....	406
Leche de Pina.....	406
Mexican Bacalao (Codfish).....	400
Mexican Baked Bananas.....	401
Mexican Cake.....	402
Mexican Chalupe.....	399
Mexican Chicken Chili.....	400
Mexican Chicken in Pipian.....	399
Mexican Chili Colorado.....	405
Mexican Chili con Carne.....	400

MEXICAN & SPANISH DISHES—Continued

	PAGE
Mexican Chili Rellenos.....	229 - 401
Mexican Chili Rellenos with Cheese (con Queso).....	401
Mexican Chili Sauce.....	401
Mexican Chili Stew.....	400
Mexican Colache.....	401
Mexican Crabs.....	400
Mexican Cucumbers.....	402
Mexican Eggplant.....	402
Mexican Fried Tomatoes.....	402
Mexican Frijoles.....	401
Mexican Green Peppers.....	402
Mexican Halibut.....	399
Mexican Macaroni.....	48
Mexican Meat Balls.....	399
Mexican Potatoes and Cheese.....	402
Mexican Round Steak.....	399
Mexican Souffle.....	402
Mexican Soup.....	403
Mexican Stuffed Tomatoes.....	402
Mexican String Beans.....	401
Mexican Tortilla.....	402
Mexican Tripe.....	399
Papas Rellenas.....	404
Pollo Mole Colorado.....	404
Pralines, (Palanquetas).....	407
Sospiros.....	406
Spanish Beans.....	405
Spanish Chanfaina of Liver.....	404
Spanish Chicken Pie.....	403
Spanish Cream (Gelatin).....	407
Spanish Estofado de Madrid.....	404
Spanish Fish Stew.....	405
Spanish Hamburg Soup.....	404
Spanish Omelette.....	405
Spanish Ojaldas.....	407
Spanish Onion Sauce.....	405
Spanish Palanquetas (Pralines).....	407
Spanish Paste for Sandwiches.....	406
Spanish Pickles.....	407
Spanish Pie, (Meat).....	404
Spanish Rice.....	406
Spanish Sambayon Sauce.....	407
Spanish Shrimp.....	406
Spanish Soup.....	404
Spanish String Beans.....	405
Spanish Stuffed Onions.....	405
Spanish Sweet Potato Pone.....	407
Spanish Tenderloin of Sole.....	405
Spanish Tongue with Walnut Sauce.....	404
Tamale Loaf.....	398
Tamale Pie.....	398
Tamale Pudding.....	398

NOODLES

	PAGE
Noodles.....	8 - 36
Noodles and Ham.....	249 - 336
Noodles and Prunes.....	151
Noodles, Baked.....	155
Noodles, Fried.....	93
Noodles, Whole Wheat.....	375

ORANGE RECIPES

Orange and Date Custard.....	382
Orange, Baked.....	382
Orange, Chocolates.....	381
Orange Cookies.....	382
Orange Custard, Baked.....	382
Orange Custard Ice Cream.....	383
Orange Marmalade.....	383
Orange Peel, Candied.....	383
Orange Pie.....	383
Orange Rolls.....	381
Orange Roly Poly.....	382
Orange San Emidio.....	277
Orange Sauce.....	382
Orange Sauce, Creamy.....	383
Orange Sponge Cake.....	383
Orange Surprise.....	382

PANCAKES

Batter Cakes.....	94
Buck Wheat Cakes.....	379
Buck Wheat Gems.....	378
Crumb Pancakes.....	284
French Pancake.....	345
Fried Mush.....	41
Griddle Cakes.....	292
Plantation Corn Cakes.....	16
Potato Pancakes.....	164 - 174
Rice Cakes.....	59
Rice Griddle Cakes.....	351
Rice Pancakes.....	280
See Waffles.....	

PICKLES

Banana Sweet Pickle.....	406
Nasturtium Pickle.....	391
Quince Pickles.....	391
Spanish Pickles.....	407

POULTRY & FOWL

CHICKEN

	PAGE
Chicken a la King.....	228
Chicken a la Marengo.....	270
Chicken a la Reine.....	339
Chicken, Baked.....	87
Chicken, Baked Holland.....	212
Chicken, Boiled.....	14 - 273
Chicken Chili.....	400
Chicken, Club Style.....	172
Chicken, Country Captain.....	236
Chicken, Country Style.....	28
Chicken, Curried.....	308
Chicken Curried, English.....	373
Chicken Fricassee.....	52
Chicken Fricassee, Spanish.....	221
Chicken, Fried.....	179
Chicken, Fried, Cream Gravy.....	341
Chicken, Fried, Villeroi.....	280
Chicken Giblets.....	174
Chicken in Cream.....	38
Chicken in Pipian, Mexican.....	399
Chicken Marengo.....	363
Chicken Milanaise.....	259 - 288
Chicken Paprika.....	345
Chicken, Portuguese.....	266 - 342
Chicken Poulet Henri VI.....	181
Chicken Pudding (Old Style).....	373
Chicken Roasted.....	418
Chicken Roasted with Bread Stuffing.....	134
Chicken Saute.....	311
Chicken Saute, Lisbon.....	141
Chicken, Smothered.....	73 - 303
Chicken, Solari.....	202
Chicken Tamales.....	398
Chicken, Tyrolienne.....	7 - 21
Chicken Vienna.....	97
Chickens with Olives.....	349
Pollo Mole Colorado.....	404

DUCK

Duck Bigrade.....	297
Duck, Braised (Tame Duck).....	214
Duck Roasted.....	148
Duck Roasted (Tame Duck).....	66

PIGEONS

Pigeon a la Creole.....	252
Pigeons Chamberlin.....	315

SQUAB

Squab Breasts, Roasted.....	224
Squab en Casserole.....	130
Squab Pie, English.....	115

POULTRY & FOWL—Continued

POULTRY & MEAT DRESSING

	PAGE
Banana Stuffing.....	417
Bread Dressing.....	68
Liver Stuffing for Goose.....	417
Oriental Stuffing.....	356
Oyster Stuffing.....	87
Stuffing	134
Walnut Dressing for Turkey.....	329

RABBIT

Belgian Hare	111
Belgian Hare, Fried.....	298
Belgian Hare, Maryland Style.....	160
Belgian Hare, Salimi.....	194
Belgian Hare, Sour Cream.....	304
Fricassee of Rabbit.....	30
Hare en Casserole.....	206
Olla Podrida	340
Rabbit a la Maryland.....	253
Rabbit en Matelote.....	305
Rabbit Pie	222
Rabbit Stew.....	23 · 282

RELISH

Baltimore Relish	149
Horseradish Sauce.....	25 · 75
Mint Relish.....	157
Spiced Pickles	142

RICE

Rice with Dates.....	150
----------------------	-----

SALAD

CHEESE

Cheese Salad Mold.....	224
Cheese Walnut	45
Cottage Cheese	123
Roquefort	343

FISH

Crab	360
Fish	35 · 299
Fisherman's	238
Halibut	293
Lobster	24 · 302
Lobster, Portland.....	132
Shrimp	86 · 196
Shrimp, Asparagus	162

SALAD—Continued

FRUIT

	PAGE
Apricot	203
Banana	372
Cantaloupe	130
Cantaloupe and Almond.....	254
Casaba	166
Celery and Apple.....	46 · 314
Cherry and Almond.....	208
Cherry and Banana.....	65
Fig	242
Frozen Fruit.....	230 · 272
Fruit.....	21 · 50 · 64 · 134
Fruit Salad, Beverly.....	38
Grape and Celery.....	217
Grape and Nut.....	364
Grapefruit.....	74 · 269
Grapefruit Jelly.....	288
Grapefruit Marmalade.....	128
Melon	61
Orange.....	66 · 319
Orange and Almond.....	19
Orange and Celery	20
Orange and Date.....	231
Orange and Nut.....	264
Orange and Peanut.....	359
Orange and Romaine.....	334
Pear /	283
Pear and Cheese.....	10
Pineapple	213 · 353
Waldorf	274

MISCELLANEOUS

American	188
Andalusian	185
Astor	177
Barbara	371
Bechamel	372
Beet Cup.....	275
Bird's Nest.....	350
Bow-Kail	304
California.....	129 · 181
Canton.....	117 · 335
Celeriac	327
Charlotte	5
Chestnut	353
Chicken	147
Chicken Salad, Ravigote.....	179
Chiffonade.....	286 · 305
Chiyote and Nut.....	26
Country Club.....	73
David	56 · 344
Doctor	349

SALAD—Continued
MISCELLANEOUS—Continued

	PAGE
Flapper	182
Grotto	345
Hewes	187
Holland	303
Honolulu	332
Huntington	371
Imperial	59 · 68
Japanese.....	30 · 282
Kohl-Rabi	181
Kuroki	333
La Tosca	29
Liberty	273
Log Cabin	31
Mab	328
Macedoine	157
Marquise	288
Molded	144
Monrovia	372
Monterey	22
Norge	106
Normandy	15 · 272
Olive and Nut.....	72
Ottolio	215
Palace Grill.....	14 · 287
Palmdale	12
Poinsettia	299
Pomona	371
Porcupine	243
Pork	322
Queen	34
Ravachol	354
Redondo	62
Rinconita	372
Rose	372
Royal	51 · 76
Russian	371
San Diego	243
San Pedro	27
Santa Monica.....	51
Saratoga	253
Sing Lee.....	276
Spanish Egg	78
Sunland	28 · 309
Tansy	251
Tomato Jelly.....	204 · 213
Tremont	159 · 261
Utah with Tango Dressing.....	229
Veal, Ham.....	124
Whole Wheat	375
Wialua	55
Zebra	195

SALAD—Continued

VEGETABLE

	PAGE
Asparagus	121
Avocado	301 · 403
Avocado and Cumquat.....	287
Avocado Taft.....	111
Beet	1 · 246
Beet and Celery.....	238 · 284
Cabbage.....	89 · 176 · 294 · 347
Cabbage and Beet.....	151
Cabbage and Nut.....	44 · 60
Carrot	140
Cauliflower	210
Celery and Nut.....	37 · 214
Chinese Cabbage	143
Cold Slaw	132
Combination	110 · 113
Cucumber	71 · 294
Cucumber and Celery.....	170
Cucumber and Radish.....	249
Cucumber and Tomato.....	177 · 275
Dandelion	371
Dutch Potato.....	16
Endive and Roquefort Cheese.....	227
Endive, Royal	104
French Lettuce	371
Hanover Lettuce.....	79
Hot Cabbage	211
Indian	18
Lettuce and Pepper.....	84
Lettuce, Cress and Pimiento.....	417
Lettuce Gourmet.....	296
Lettuce Salad, Hungarian.....	229
Lima Bean	69
Mashed Potato.....	371
Okra	244
Pepper and Egg.....	290
Potato and Celery.....	106 · 260
Potato Salad.....	161
Salsify	48
Spinach	35 · 218 · 272
Spring.....	4 · 175
Spring Garden.....	335
String Bean.....	115
Stuffed Pepper.....	92
Stuffed Tomato	256
The Times.....	114
Tomato	108
Tomato and Marrow.....	190
Tomato and Pineapple	172
Tomato Waldorf	71
Watercress and Hard-Boiled Egg.....	223

SALAD DRESSING

PAGE

Bavarian Salad Dressing.....	356
Blackstone Salad Dressing.....	164
Boiled Dressing.....	94
Brunswick Dressing.....	144
Butter Salad Dressing.....	372
Canadian Salad Dressing.....	372
Cheese Dressing.....	112 - 120 - 162 - 358
Chiffonade Dressing.....	197 - 361
Cooked Dressing.....	324
Cooked Mayonnaise.....	20
Cream Salad Dressing.....	331
Creole Dressing.....	209
Cucumber Salad Dressing.....	212
Denver Dressing.....	33
Egg Dressing.....	296
Honey Salad Dressing.....	381
Lemon French Dressing.....	107
Lettuce Delta.....	11
Nicose Dressing.....	100
Oriental Dressing.....	342 - 419
Pierrette Dressing.....	372
Piquant Dressing.....	172
Potato Salad Dressing.....	299
Romaine Salad Dressing.....	371
Roquefort Dressing.....	12
Russian Dressing.....	42 - 132 - 161
Salad Dressing, Bourgeoise.....	169
Sauce Tartare.....	47
Sliced Tomatoes, Italian Dressing.....	317
Sour Cream Dressing.....	61 - 163 - 357
St. Francis Salad Dressing.....	329
Tango Dressing.....	200 - 229
Thousand Island.....	45
Tomato Dressing.....	140

SANDWICHES

Sandwich, Almond.....	226
Sandwich, American Cheese.....	396
Sandwich, Avocado.....	396
Sandwich, Bavarian.....	233
Sandwich, Bohemian.....	226
Sandwich, Bronx.....	325
Sandwich, Cheese.....	395
Sandwich, Cheese and Pineapple.....	395
Sandwich, Cheese Rarebit.....	250
Sandwich, Chicago Club.....	47
Sandwich, Chicken.....	395
Sandwich, Chicken and Green Pepper.....	257
Sandwich, Chicken and Nut.....	180
Sandwich, Cinnamon Toast with Walnuts.....	397
Sandwich, Club.....	311
Sandwich, Cottage.....	226

SANDWICHES—Continued

	PAGE
Sandwich, Cucumber	396
Sandwich, Egg	396
Sandwich, Fairmont	395
Sandwich, Fig	396
Sandwich, Filling.....	397
Sandwich, French Tuna	188
Sandwich, Gardena.....	144
Sandwich, Green Pepper	396
Sandwich, Ham and Egg.....	188
Sandwich, Ham and Tomato.....	148 · 301
Sandwich, Ham Salad.....	21
Sandwich, Honey and Nut.....	397
Sandwich, Hot Ham.....	333
Sandwich, Imitation Pate de Foie Gras.....	226
Sandwich, Jellied Chicken.....	271 · 395
Sandwich, Maple Sugar.....	226
Sandwich, Nut	396
Sandwich, Olive and Nut.....	363
Sandwich, Peanut Butter and Raisin.....	397
Sandwich, Pimiento Cheese.....	395
Sandwich, Potted Meat.....	395
Sandwich, Pressed Chicken.....	226
Sandwich, Raisin.....	397
Sandwich, Raisin, Egg and Olive.....	396
Sandwich, Raisin Paste.....	396
Sandwich, Ribbon	397
Sandwich, Sardine.....	395
Sandwich, Spanish Paste.....	406
Sandwich, Sweet	397
Sandwich, Tip-Top.....	264
Sandwich, Toasted Cheese.....	113
Sandwich, Tuna	395
Sandwich, Veal.....	395
Sandwich, Watermelon.....	217

SAUCE—MEAT, SALAD, VEGETABLE

Amsterdam Sauce	11
Anchovy Butter.....	278
Anchovy Sauce.....	43 · 278
Barbecue Sauce	76
Bordelaise Sauce.....	32 · 355
Brown Butter Sauce.....	176
Butter Sauce.....	36
Caper Sauce.....	63
Chili Sauce, Mexican.....	401
Cold Mint Sauce.....	121
Cream Sauce	160 · 240
Cucumber Sauce	248
Fig Chutney.....	388
Grape Chutney	389
Hollandaise Sauce.....	355

SAUCE—MEAT, SALAD, VEGETABLE—Continued

PAGE

Horseradish Sauce.....	47
Italian Sauce	26
Maitre d'Hotel Butter.....	33 - 69
Mazatlan Sauce	4
Mexican Sauce.....	96
Mint Sauce	263
Mornay Sauce	354
Orange Sauce	46
Oyster Sauce	14
Parsley Sauce.....	273
Pickle Sauce	55
Piquante Sauce.....	58
Plum and Orange Sauce.....	330
Pomona Sauce.....	120
Raisin Sauce.....	67 - 154
Raspberry Sauce	341
Remoulade Sauce	7
Shrimp Sauce	331
Spanish Hot Spice	406
Spanish Onion Sauce.....	405
Spanish Sambayon Sauce.....	407
Spanish Sauce	118 - 256
Sweet and Sour Sauce.....	91
Tartar Sauce	82
Tomato Sauce	6 - 173 - 234 - 386
Vinaigrette Sauce	3
White Sauce	42
Windsor Sauce	184

SOUP
BISQUE

Corn Mock Bisque.....	315
Mock Bisque Soup.....	264
Oyster Bisque	323
Peanut Bisque	185
Pimiento Bisque.....	156 - 266
Tomato Bisque	91

BOUILLON

Apricot Bouillon	153
Clam Bouillon	118
Oyster Bouillon.....	224
Royal Bouillon.....	365

CHOWDER

Clam Chowder.....	1
Corn Chowder.....	3
Fish Chowder.....	335
Fulton Market Chowder.....	170
Hoffman House Chowder.....	102
Lobster Chowder.....	26 - 357
Potato Chowder.....	48
Split Pea Chowder	343
Vegetable Chowder.....	8

SOUP—Continued

CONSOMME

	PAGE
Consomme Delmonico	296
Consomme Duchesse	34
Consomme Gardena	61
Consomme Magador	127
Consomme Mary Stuart	157
Consomme Pimiento	236
Consomme, Tropic	161
Consomme, Xavier	225

CREAM SOUPS

Cream of Celery Soup	152
Cream of Chestnut Soup	59
Cream of Chicken Soup	110 - 229
Cream of Clams	64
Cream of Green Peas	24
Cream of Lettuce Soup	258
Cream of Onion Soup	283
Cream of Peanut Soup	222
Cream of Pea Soup	271
Cream of Rice Soup	339
Cream of Salsify Soup	337
Cream of Watercress	17 - 176

MISCELLANEOUS SOUPS

Apple Soup	284
Asparagus Soup	408
Avocado Soup	181 - 254 - 403
Carrot Soup	237
Celery Broth	126
Chestnut Soup	289
Chestnut Soup	407
Chicory Soup	39
Chilean Soup	292 - 364
Corn Soup	180
Corn and Tomato Soup	11
Corn Soup, Southern Style	245
Crab Gumbo	83
Crab Soup a la Maryland	317
Creole Soup	244
Crecy Soup	360
Cressy Soup	257
English Tomato Soup	341
Fish Soup	409
French Potato Soup	230
French Rice Soup	58
Fruit Soup	162
Garden Soup	290
Grandma's Soup	62

MISCELLANEOUS SOUPS—Continued

	PAGE
Green Corn Soup.....	158 - 184
Green Pea Soup.....	214
Lettuce Soup.....	228
Lettuce Soup.....	408
Manhattan Soup.....	114
Mexican Delight.....	336
Mexican Soup.....	403
Mongolian Soup.....	35
Mushroom Soup.....	221
Okra Soup.....	232
Onion Soup.....	9 - 338 - 352 - 408
Onion Soup Gratine.....	302
Ox-Tail Soup.....	8 - 99 - 300
Palestine Soup.....	335 - 408
Pea Soup.....	408
Potage Mabelle.....	81
Potage Lamballe.....	87
Potato and Leek Soup.....	332
Potato Soup.....	27 - 92 - 253
Potato Soup a la Romana.....	408
Raspberry Soup.....	235
Rice Soup.....	265 - 273
Russian Beet Soup.....	306
Sago Soup.....	346
Saratoga Soup.....	276
Soup a la Nivernaise.....	308
Soup Piemontaise.....	67
Southern Tomato Soup.....	220
Spaghetti Soup.....	314
Spanish Hamburg Soup.....	404
Spanish Soup.....	218 - 404
Split Pea Soup.....	10
Spinach Soup "alla Modenese".....	408
Strawberry Soup.....	193
Swiss Soup.....	171 - 216 - 256
Tapioca Soup.....	112
Tomato Soup.....	408
Vegetable Country Soup.....	205
Vegetable Soup "alla Genovese".....	409
Vegetable Soup, Mixed.....	409
Venetian Soup.....	115

PUREE

Puree a la St. Germain.....	179
"Puree alla Soubise" (Onion Soup).....	408
Puree Jackson.....	96
Puree Mongole.....	294
Puree of Cauliflower.....	348

SOUP—Continued

PUREE—Continued

	PAGE
Puree of Celery and Tomato.....	49 · 277
Puree of Cucumbers.....	191
Puree of Green Peas.....	93 · 310 · 355
Puree of Leeks.....	33 · 120
Puree of Lima Beans.....	79 · 350
Puree of Navy Beans.....	47
Puree of Onions.....	322
Puree of Parsnips.....	233
Puree of Pea Shells.....	13
Puree of Red Beans.....	216
Puree of Spinach.....	219 · 242
Puree of St. Lambert.....	56 · 344
Puree of String Beans, Italian.....	213
Puree of Tomatoes.....	84
Puree of Watercress.....	251

SYRUP

Cider Syrup.....	333
Sugar Syrup for Beverages.....	392

VEGETABLES

ASPARAGUS

Asparagus "alla Casalinga".....	413
Asparagus, Cream of	105 · 132
Asparagus Fritto	413
Asparagus Timbales	359

BEANS

Baked Beans	21
Beans (Lima) "alla Crema".....	413
Bean Sprouts, Fried.....	374
French Beans "In Fricassee".....	413
Mexican Frijoles.....	401
Mexican String Beans.....	401
Spanish Beans.....	405
Spanish String Beans.....	405

CABBAGE

Cabbage (Rea) "alla Flamminga".....	411
Cabbage, "allo Uevo".....	411
Cabbage, Stuffed.....	84

CARROTS

Carrots "allo Zucchero".....	411
Carrots and Onions.....	92
Carrots, Cream of.....	155
Carrots, Pompadour	201

VEGETABLES—Continued

CAULIFLOWER

Cauliflower "al gratin".....	411
Cauliflower au gratin.....	349
Cauliflower, Baked.....	212
Cauliflower Bouquet.....	222
Cauliflower, Cream of.....	318
Cauliflower "In Stufato".....	412

CELERY

Celery (al Fritto).....	412
Celery "alla Crema".....	412
Celery "al Pomodoro".....	412

CUCUMBERS

Cucumbers a la Poulette.....	300
Cucumbers "alla Comasca".....	412
Cucumbers "alla Crema".....	412
Cucumbers, Deviled.....	251
Cucumbers "Farciti".....	412
Cucumbers Fried.....	265
Cucumbers Mexican Style.....	402
Cucumbers, Stuffed.....	180

EGGPLANT

Eggplant, Antonio.....	195
Eggplant Armenian Style.....	207
Eggplant (Aubergine), "alla Griglia".....	413
Eggplant Mexican Style.....	402
Eggplant (Aubergine) "Saute".....	413
Eggplant Turque.....	168
Eggplant with Walnuts.....	386

MISCELLANEOUS

Artichokes and Eggs.....	413
Avocados Scalloped.....	216
Baked Marrow, Sour Cream Sauce.....	217
Beets Saute.....	362
Brussels Sprouts.....	120
Brussels Sprouts "al Limone".....	411
Cream of Vegetables.....	82
Italian Squash.....	166
Kohlrabi.....	136
Leek Tips, Egg Sauce.....	186
Leeks "al Forno".....	410
Lentils "alla Corona".....	410
Mexican Colache (Squash).....	401
Onions (Small White).....	414
Onions, Spanish Stuffed.....	405
Parsnips "al Forno".....	414

VEGETABLES—Continued

MISCELLANEOUS—Continued

	PAGE
Peas "allo Zuccherò".....	413
Peas and Celeriac.....	330
Peas, Athens.....	94
Scalloped Salsify.....	165
Squash in Shell.....	365
Squash Patties.....	129
Spinach, Molded.....	71
Spinach Souffle.....	227
Stuffed Pimientos.....	131
Zucchini (Italian Squash).....	252

PEPPERS

Peppers, Mexican Green.....	402
Peppers, Stuffed Green.....	130 · 332
Peppers, Stuffed Italian.....	72
Peppers, Stuffed Mexican.....	107 · 353
Peppers, Stuffed Templeton.....	248
Peppers Stuffed with Green Corn.....	241

POTATOES

Austrian Potatoes.....	31
Baked Hashed Brown Potatoes.....	88
Baked Potatoes, en Surprise.....	250
Belgian Potatoes.....	139
Bouillon Potatoes.....	44
Browned Sweet Potatoes.....	218
Chantilly Potatoes.....	281
Chateau Potatoes.....	346
Creamed Potatoes.....	179
Franconia Potatoes.....	290
Glazed Sweet Potatoes.....	356
Lyonnais Potatoes.....	39
Potato Bouchees.....	303
Potato Cakes.....	173 · 234
Potato "Cestine".....	414
Potato Duchess.....	330
Potato "Farcite".....	414
Potato Puffs.....	220
Potato Puffs with Cheese.....	385
Potato Rissoles.....	254
Potato Souffle.....	134 · 149
Potatoes a la Maitre D'Hotel.....	239
Potatoes a la Reine.....	210 · 325
Potatoes and Beetroot.....	411
Potatoes and Cheese, Mexican.....	402
Potatoes au Gratin.....	148
Potatoes, Baked.....	181
Potatoes, Hollandaise.....	78

VEGETABLES—Continued

POTATOES—Continued

	PAGE
Potatoes "in Casseruola".....	413
Potatoes, Maitre d'Hotel.....	365
Potatoes, O'Brien	253
Potatoes, Pompeien.....	216
Potatoes, Straw Fried.....	150
Stuffed Potatoes	86
Sweet Potatoes and Marshmallows.....	116
Sweet Potatoes Surprise.....	419
Sweet Potatoes Hawaiian.....	330
Sweet Potatoes with Orange.....	272

TOMATOES

Tomato, Farci.....	179
Tomatoes a la Stanley.....	244
Tomatoes "al Forno".....	410
Tomatoes "alla Piemontese".....	411
Tomatoes au Gratin.....	279
Tomatoes, Baked.....	316
Tomatoes, Fried.....	126
Tomatoes, Mexican Fried.....	402
Tomatoes, Mexican Stuffed.....	402
Tomatoes Ripieni.....	410
Tomatoes Stuffed	345

WAFFLES

Cornmeal Waffles.....	79
Rice Waffles.....	14
See Pancakes	
St. Francis Waffles.....	87
Whole Wheat Waffles.....	377

WHOLE WHEAT RECIPES

MISCELLANEOUS

Bran Cookies.....	378
Cheese Cake	375
Cocoanut Drop Cookies.....	376
Coffee Biscuits.....	376
Fig Oatmeal Cookies.....	377
Ginger Cookies	376
Hoe Cake.....	376
Honey Bran Cookies.....	375
Oatmeal Cookies.....	376
Scotch Shortbread.....	376
Sugar Cookies	377
Whole Wheat Bran Fig Muffins.....	377
Whole Wheat Cookies.....	377
Whole Wheat Corn Pone.....	377
Whole Wheat Cream Puffs.....	376

WHOLE WHEAT RECIPES—Continued

MISCELLANEOUS—Continued

Whole Wheat Honey Cake.....	377
Whole Wheat Macaroni, Baked.....	375
Whole Wheat Macaroni Salad.....	375
Whole Wheat Noodles.....	375
Whole Wheat Pie Crust.....	378
Whole Wheat Raisin Bread.....	378
Whole Wheat Rolls.....	378
Whole Wheat Salad.....	375
Whole Wheat Scones.....	376
Whole Wheat Short Cake.....	377
Whole Wheat Spaghetti Croquettes.....	384
Whole Wheat Steamed Bran Pudding.....	378

HEALTH BREADS

Beaten Biscuits	379
Buckwheat Biscuits, Quick.....	378
Buckwheat Cakes.....	379
Buckwheat Gems.....	378
Buckwheat Muffins	379
Cornmeal Crisps	378
Gluten Bread	379
Wyman Health Bread.....	375

